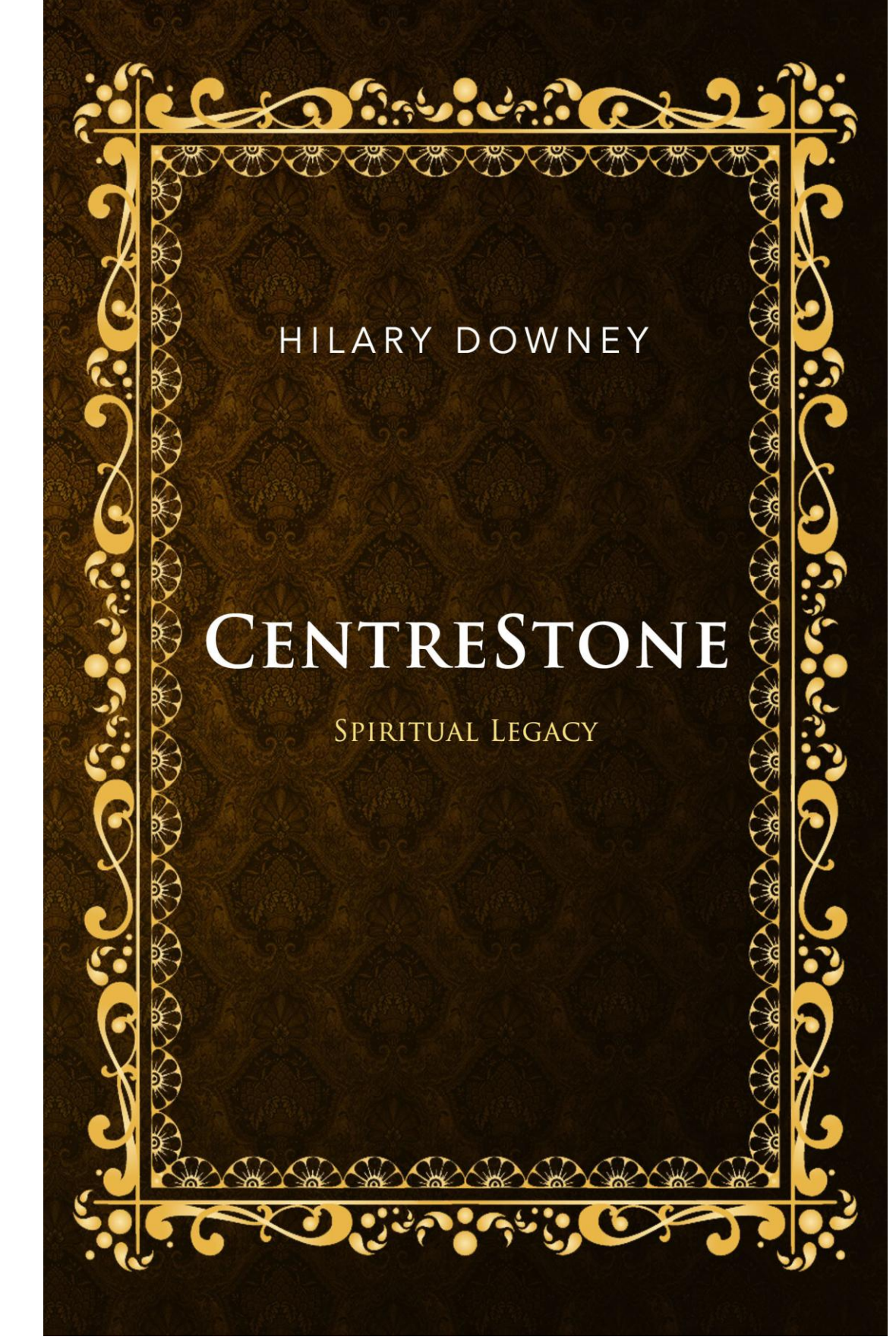




HILARY DOWNEY

CENTRESTONE

SPIRITUAL LEGACY

Synopsis

Through the symbolism of mythology and beliefs, *CentreStone* provides an overview of our journey to Earth and looks at our spiritual legacy which is our heritage.

The focus of the *CentreStone* is the keystone to accessing this spiritual legacy. Available to all people, it is reached through the buried message of mythology, the soul's memory and spiritual inspiration.

Great teachers have always come to the Earth to contribute long lasting wisdom that influences following generations, their legacy of teaching occasionally named after them. Often prophets, their message focuses upon the progress of all people. Their aim is to advance civilisation because a civilised culture embraces all aspects of man's nature. Society is then shaped by the spiritual quality of its people - their finest attributes.

"Truth is wider and deeper than the oceans of sky and water and is essential for progress to a more enlightened state."

"I would not send one soul into the desert without a guiding light because the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go, I send a guiding light to accompany them along their way."

CentreStone

Spiritual Legacy

HILARY DOWNEY

HILDOW Book

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A CIP catalogue record for this title is available from the
National Library of New Zealand.
ISBN: 978-0-9864643-2-4

Published in 2025

HILDOW PUBLISHERS

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Dedication

CentreStone is dedicated to the elevation of the human spirit. Its magnificence and light, when they are allowed to shine, can illumine the Earth and all who live upon it.

CentreStone is dedicated to the wise ones of time who have bequeathed a philosophy of spiritual truth to inspire nations of people. Their worthy words and actions encourage all to believe in themselves and reach for the greatness that lies within.

Foreword

Truth is wider and deeper than the oceans of sky and water and is essential for our progress to a more enlightened state. Regardless of individual interpretation, truth is central to our need to know and our need to evolve to the best of our capabilities. We gain knowledge so we can learn more about life but we need to know what we are going to do with the knowledge we gain.

The basis of our desire to know lies in our recognition of the ability of all men and women to discern right from wrong. On Earth only men and women have this ability so it must be important. It must have an origin. It must have a purpose. This need to know builds the Key Stone – the Centre Stone that supports the edifice of this work and so names this book.

What does it mean when we say there are many paths to travel?

Down through the ages truth has always been available to us and it is found on all paths in life. Initially it was complete – pure and unadulterated, brought to Earth by pure Spirits of Man. Down the annals of time, as man's will escalated his nature became dual. Truth then had to be adapted to cultures and lifestyles, so was presented in a form acceptable in each time as threads of knowledge. It has continued to this day to be present in every culture to provide opportunities for man's return to a pure state.

Our desire to know and understand encourages us to seek out one of these threads of knowledge and learn on the path it builds. I have chosen to write about the path of the Fall of Man into generation but it is not a path I am locked into. Whether we have fallen into the hypnotic, physical life of Earth, our souls to rise purified, or whether another interpretation embodies a greater amount of truth, the path of the Fall of Man

into physical generation has created a set of circumstances for the family of man.

This path of man's fall must now become a path of ascent towards the home of his spiritual birth – the home of pure truth that is pure love. On this path of ascent we can grow all that is beautiful within us until we merge completely with the greater light of life.

Viewed in this light, the path of descent into physical life and generation becomes a path of hope because each of us belongs to a common humanity that is travelling as one, regardless of the differing doctrines and beliefs of individuals.

The nature of physical life is dual. Physical life is created through sex – male and female. Yin transposes into yang and yang into yin – one becoming the other once it reaches its extreme.

In the times we live in now both light and dark (good and evil) are manifest; light reflecting the pure qualities of Divine Love, truth and the spirit of compassion; dark reflecting the impure characteristics of violence, hunger, poverty and greed that belong to some hearts in our physical world. Each can transpose into the other.

Our present circumstances, are relevant to us. Regardless of how we got to where we are now, where we are now is our reality today and is the springboard to our future travels.

How we deal with life is important because besides being created beings, we are also creators. The imprint of what we can create lies within us. With it we determine the direction of our destiny. Through our thoughts and actions we create who we are, who we become, what route we travel and how we travel.

I write in a simplified way about principles of creation without any adherence to more qualified philosophies and timelines. Creation could be described as the most harmonious sound and vibration we can sense. It conveys to us that we are part of something greater than we cannot

imagine or hear; what we can imagine and hear being our own interpretation of what it is.

I write that we are created by an unknown cause that in our culture can be called the One God – the source of truth and love. I use this nomenclature, but not in a religious sense. I write that as we are created beings, we are part of what creation is. We share in creation with other forms and we can learn more about creation from them all. How we share in creation is up to us.

I travel the route of the heart. I write about what the heart knows because what it relays to my mind results in the words I pen. I am not speaking of the heart as the seat of emotions, because our emotions travel every organ of the body. I am speaking of the heart that is the Palace of the Spirit – the place where the spirit can express its goodness, where it can express the unconditional love of the universe that is the creative principle of the One God. I am speaking of this glory within the heart that embodies all knowledge and truth. The heart filled with bitterness and dark ways does not speak to me.

When we learn to use the knowing of our spirit speaking through our hearts, we begin to ascend through the light that is pure love, able to disperse the shadows of our wrongdoing.

We can all find truth within ourselves. We can all know when we are ready for truth's expansion so another petal in our minds can unfold and another veil lift from our souls. When the spirit of who we are speaks to our hearts, our instructed hearts can speak to our minds. This is how we gain more knowledge of truth, our beginnings and our greatest possible destination.

My goal is to encourage people to open their hearts so the truth that their hearts offer can flow to their minds. An open heart leads to visions that are moments of magic when time retreats. In visions a different life is lived and an all-encompassing learning is produced. Without visions how could I write about the Magus? How could I find the words to

describe how interpenetrating worlds work for us and contribute to our lives?

A keystone is the centre stone that holds a structure together. This book is called CentreStone because I am building an edifice of spiritual philosophy that connects the remote past to the present and the future. The structure of this work does not involve psychic capabilities and psychic development. It is a spiritual structure that contributes to the physical life we each build with intention. Devotion and mindfulness of the One God continue to take a natural place through our aspiration and effort, regardless of the God religion has presented to us.

My desire is to open the door to the Greater Beyond to which we belong. Awareness and participation in the life of these worlds can then become a natural part of our daily lives. Like everything that relates to physical life there are three aspects to travelling a path of spiritual awareness. The first is through a Spiritual Master and his teachings. The second is through spiritual awakening within and the third is through physical life that is lived with spiritual intention.

The edifice I am constructing embodies all three. It is built with love that travels naturally and freely between all worlds – love that carries knowledge of truth. Like all constructions it takes time and care but the final result is an overwhelming awe of the universes of life that are part of our consciousness.

People have moments in time when they are touched by a prodigious awareness of their connection with the whole of life. Some near-death experiences provide this connection and trigger a desire to learn how to expand conscious awareness so the Greater Life can be embraced and incorporated into daily, physical life.

As people strive to live their physical lives in this way, they change and the capabilities of the human spirit on Earth begin to manifest more frequently. All comes about through the

power of the love vibration that is the creative eminence of the Creator; the One God.

What is written on these pages is not an unchanging definitive; rather a series of steps and understandings. Clarification is minimal because we all find our own way through truth. What I write asks you to find your own inspiration that can elucidate what you read, at the time that is best for you. Only your heart knows this time.

Any truth we receive changes and evolves and it asks us to do the same.

Part One - Laying the Foundation

Mythology

Introduction

Symbology uses a symbol to represent something.

Personification gives human characteristics to something non-human.

Allegory is a story or picture that has a hidden meaning.

Imagery uses colourful words that produce a mental image.

Myths are stories of how something came into being.

Parables are short stories that teach.

Myths of Creation

Mythology, using symbology, personification, allegory, imagery, myths and parables, helps us understand spiritual concepts rooted in antiquity and infinity. When we look at any ancient text we need to practise discernment. Much of what was recorded indicates a later path when man was moving away from pure truth; a path that produced countless religions presenting God or gods in various forms who interact with man. Personification was often worshipped instead of remaining the symbol of truth it originally signified.

We have been on Earth a long time and we have followed many religions and belief systems. Each culture, religion and race has had its own myths but all have shown man to be created by a supernatural source.

Lords of Creation are personified as beings, places and realms. The void, sky, day, night, the ocean and love are present in the myths of all cultures. Portrayed as gods and great beings, they are personifications of stages in the creation of world and man.

There are Lords of Air, Earth, Fire and Water.

There are Lords of the planets.

For example:

The Greeks built a complex pantheon of gods and goddesses who personified the creation of the universe and man.

Gaia is the personification of Earth.

Uranus is the personification of the Sky – Heaven.

Chronos is the personification of time.

He is depicted with three heads – that of man, bull and lion.

The children of Gaia and her offspring Uranus are the Titans.

The Olympians are the third generation of deities.

Prometheus – a Titan – created man out of the mud of the Earth.

Athena breathed life into man, just as the spirit breathes life into the body. Prometheus gave man fire which he stole from Olympus – the home of the Olympians.

Myths of creation show man's connection to supernatural worlds beyond physical life so the transcendental is always present in man's belief systems. Down through the ages he has continued to have an emotional connection to the transcendental. Always he is reaching for this connection.

Myths of creation show common themes that include conflict between the gods and man. This conflict is reflected in man as a dualistic philosophy of opposites: *dark and light; good and evil; right and wrong.*

These opposing attributes indicate man's task in life that can be viewed in two ways.

Dualistic – The triumph of good over evil.

Antagonistic duality – Good and evil change into one.

The stories and verse of parables and myths teach of the creation of physical worlds, man's body and the soul and spirit of man. They are inspirational teachings that can apply to either the physical, soul or spiritual life of man. Each time they are read they can convey something different because the

imagery of the stories, like the facets of the diamond, teach from many angles.

With a physical interpretation the stories can be accepted at face value. With a soul and spiritual interpretation, the stories, through personification and allegory, hide deeper meanings.

This wider view acknowledges humanity's journey through life. What is understood can be applied to daily life to become the Living Word. The words do not remain on an intellectual level. Their meaning reaches into the heart through the hidden depths of intuition.

The major books of religion, including the Bible of Christianity and the Mahabharata of Indian culture, teach man of creation and his nature, parts elucidating on how man can live well.

The *Bhagavad-Gita* and the *Book of Revelations* use parables, personification, symbology, allegory, imagery and myths to teach man of his path of evolvement through creation including the Earth.

Revelations reveals the road the family of man is taking in physical life and, as with all prophecies, presents knowledge that can set man once again on the path of truth that takes him to his spiritual home. Because of this *Revelations* has a place in CentreStone.

In mythology the gods are many because they are personification of processes that lead to finding the One God, which is always man's quest. The path to the One God opens through the Wisdom of the Ages that cannot be bound by beliefs or religion.

Ancient text can be incorrectly translated and be misleading. Love for man and what is best for him is always the golden thread that runs through any spiritual text embodying the Wisdom of the Ages. Over the years religion has added to this Wisdom; giving man idolatry, a priesthood, a devil, a hell,

human sacrifice and any amount of ordinances and fear-driven rules.

The message of truth remains the same. Consistently it embodies love and all that is good for man. Because man is now on a return journey to the pure truth that is the One God, parts of truth are adapted to the vernacular of the day, given to man in each age he lives in, by a messenger, to afford hope and direction. Often not well received, and changed later by others, the message continues to be given to those whose focus in life is directed by intuition as much as intellect.

The truth of our origins lies in the mists of time but time has taught us understanding. We are learning more about the greater picture of life. As we build this picture we can place ourselves in it and learn more about the worlds we inhabit.

Time has taught us to believe in ourselves; that we mean something and we are going somewhere. Time has taught us to accept our human nature. We recognise the duality that lies within us at this time. Because we can choose what to do with this duality we recognise that we can grow all the good that is within us.

We have beliefs but time has taught us that they change as our understanding grows. Time has taught us something more. Time has taught us that love exists and is constant. As love shows us her qualities we perceive that we can be more than we are now because love travels with us through time and beyond time.

Let us draw love into our time. Let us love and be loved as we learn more about worlds that can teach us more about ourselves. Let us replace the darkness of ignorance with the light of understanding.

When we were children we learnt through stories that inspired our imagination. Now we are adults we still need stories to inspire our imagination.

I use imagery, symbology, personification and allegory. By using them I can visualise. I can imagine. I can paint a picture of what I am hearing and seeing. When using Astrological and esoteric symbolism I source Inez Perry.

I talk about Lucifer. I talk about the Falcon Eagle. I talk about the Magus. I talk about He Who Has Eyes like Diamonds. I talk about the Serpent. I talk about the Daemon. They may be real or symbolic of an understanding as may be the God of our perceptions. It does not matter. Imagery and personification has its roots in time and helps us learn and understand because we all love to learn through pictures and stories.

Lucifer

Lucifer means *Light Bringer*. He is the moderately cold, moist planet Venus who is concerned with the allure of the physical senses. As radiating light, Lucifer is beautiful and cold.

Venus rising a few hours before the Sun is the bright Morning Star. Venus setting just after the sun is the bright Evening Star

Venus is symbolic of sensuality and excesses that are destined to be replaced with eternal love and creative harmony.

In mythology it is said that at sunset Venus has gone down into the underworld, so Lucifer has become symbolic of being cast down to Earth. He has become symbolic of man's fall to the ways of Earth life.

How thou hast fallen from heaven, O Lucifer, son of the morning.

Bible: Isaiah 4:12

Magus

The Magus was once a name for a Zoroastrian priest. In later times the Magus became known as an adept in astrology and magic.

The realms of the Magus are part of the soul's journey towards wisdom and enlightenment. Before the soul can open the doors to the spirit within, it travels through the realms of the Magus to learn the truth about what it perceives to be psychic and spiritual in association with physical life. Experience with the Magus paints a picture of how the consciousness of man expands beyond his awareness of physical life.

Clarity of mind can be born on this journey that can then take the soul through a threshold to a place where the presence of the spirit within can become apparent. As the door to this inward path opens the spirit's light radiates through.

But first the Realms of the Magus.

He Who Has Eyes like Diamonds

The diamond is the hardest of all precious stones. It has a crystal structure that emits and reflects a fire from deep within.

Symbolic of *I am that I am*, *He Who Has Eyes like Diamonds* is seen as a presence – a great Lord of the Universe. Manifesting wisdom and truth, he is a personification of the fire of truth that produces life in the process of creation.

Serpent

Historically the serpent is symbolic of ancient wisdom, but it is also the tempter.

Wisdom can be applied in Earth life through intuition – the voice of the inner spirit coming through the soul that is Eve – woman. Intuition adds light and wisdom to mental intelligence – the voice of Adam – man.

Wisdom provides emotional nourishment and presents an expanded awareness of the Greater Life that can stimulate the power of the spirit within physical life.

Wrapped around the cross of the *Tree of Knowledge of Good and Evil*, two serpents present to man the duality of physical life so he may recognise spiritual knowledge in the experiences of the physical world. This knowledge gifts man with the free will to choose between the two.

What is evil?

Evil is man's choice to listen to the serpent as tempter and live *only* according to the intellect and the physical desires of man. This harms man physically, mentally and emotionally and prevents him from growing and progressing in truth towards a unified spiritual state of grace.

Eve offers the forbidden fruit of the *Tree of Knowledge of Good and Evil*. This fruit symbolises physical generation through the fruit of the womb and physical degeneration through sensuality and excesses.

What is good?

Good is man's choice to listen to the serpent as wisdom and develop the intuitive voice of Eve that can guide the reasoning mind of Adam. By doing so man can improve physically, mentally and emotionally, grow and progress in truth and reach for a spiritual state of grace that is embodied in Divine Love.

Eve offers intuition that negates the desire to eat of the forbidden fruit and leads the desire to follow Divine Will – the *Tree of Life* that is regeneration into pure spirit.

Through the gift of Free Will, choose wisely so Eve can be revered once more and the experiences offered by the Tree of Knowledge of Good and Evil can transpose regenerated man into the Tree of Life.

Falcon Eagle

The falcon symbolises visionary power, wisdom, and guardianship.

The Falcon Eagle delivers the truth of what is to be faced; the truth that causes the veil to fall so the soul can be informed and transformed. Then the spirit can be comprehended.

Daemon

The Daemon is a supernatural being recognised by the ancient Greeks. He is a source of inspiration for good.

In Medieval Astrology, the Daemon is called an individual's Peculiar Daemon – ruling over the soul and guiding it for good. It is likely that in Christianity it has been interpreted as the Guardian Angel.

Astronomy and Astrology

Astronomy is a natural science that studies celestial objects. Astrology interprets the influence their movement has on man.

Astrology plays a part in myths. The rulers of the planets have been personified to portray their influence upon physical life and those who live it. As the planets follow their ecliptic paths their rays shine in different ways and we adapt to what they bring.

The sun travels its ecliptic path and its rays shine in distinctive ways as it visits each planet and each constellation of its journey. What we can create upon Earth at the time is influenced by the rays emitted as the Earth and all life upon her adapts to their possibilities. We paint the picture that astronomy presents and Astrology interprets it.

We need to paint pictures to help us know and understand. Although the Earth travels an ecliptic path around the sun, from Earth it appears as though the sun is travelling around the Earth. Because we view the life of the universe from a

geocentric perspective we say this is so, even though we know it is not.

World Astrological Ages

Because of its precessional movement the Earth moves backwards through the twelve constellations of the twelve astrological signs. It takes about 2,200 years to complete passage through one sign. This is called a World Age. The Earth has just moved from the Age of Pisces into the Age of Aquarius.

Revelations

Introduction

In both astrology and historical astronomy, the zodiac is described as a circle of twelve 30° divisions of celestial longitude. Knowledge of the constellations can be traced back to the Bronze Age – around 3000bce.

Astrology and astronomy were known to the ancients, including the Egyptian, Greek, Roman and Judaist cultures of the Western Civilization. The story of creation and the path of physical life is written in the skies and in man. With their knowledge of the Babylonian Zodiac, cultures translated this into their myths and legends that associate the energies of the planets with man and the world he inhabits. They link the macrocosm of the ecliptic to the microcosm, which is man.

In astrology the Cardinal Cross, comprised of Aries, Cancer, Libra and Capricorn, initiates the process of creation and leads man to Earth.

The Fixed Cross, comprised of Taurus, Leo, Scorpio and Aquarius, shows man's physical path and his desires that tie him to this path.

Through the Mutable Cross, comprised of Gemini, Virgo, Sagittarius and Pisces, man receives opportunities to travel a path of purification that can take him towards his spiritual destiny. He makes choices that influence what and how he is going to advance.

All people travel all paths on these three roads but the individual has a propensity for one road that comes under the jurisdiction of a particular Lord of Life who is his Daemon during his time upon earth.

Down through the Ages of Man prophets and wise ones have continually come to physical life to reinforce the spiritual message for man – to reawaken him to the path of truth with devotion for the One God. Always the universal language of symbology, mythology and personification is used because

they transcend all cultures and times. Never is the message restricted to a time, race, creed, or individual. Always it is for the family of man; its language transcending the hopes, wishes, desires and judgements of the individual.

The polytheistic (worship of multiple deities) Greek and Roman classical education is filled with myths, parables and prose. In Western Culture the monotheistic (worship of One God) Books of Genesis and Revelations use symbology and personification to illustrate the processes of creation and man's journey through life.

In its early days Christianity was a fledgling understanding. What was written in these times was likely written by a scholar with a classical education that included astronomy, astrology and alchemy. Today there are various translations – Christian Bible, Gnostic Bible, Hebrew Bible and Eastern Orthodox Bible – that bring problems because of current, literal concepts. Symbology and personification provide multiple interpretations.

For example:

Spiritual fire is the electrical energy that is life. It is for creative work and the construction of the new man.

Fire signifies the Fire of Life that is generated in Aries – the House of God – the Lamb of God (high) – the Spirit in man.

Fire signifies the creativity of Leo that is used constructively in work. Negatively it is wasted through the emotions that, like the Lion, consume man.

Fire signifies the arrows of higher spiritual thought and justice that in Sagittarius – the Higher Mind – prevail over the horse of physical life. Man's conscience arises from his ability to know right from wrong.

The centaur, half horse and half man, becomes Pegasus, a horse with wings, when man hears and lives the spiritual message that comes from the arrows of the centaur.

In the Bible, God created the world (and man by correspondence) in six days but a day is a word of interpretation. It is symbolic of a period of time – an Age. In Eastern Yogi traditions the Yuga is a time cycle of about 24,000 years.

The creatures appearing in Revelations have frequently been interpreted to represent the middle signs of the four quarters of the Zodiac – the Fixed Cross. They are Taurus the Bull, Leo the Lion, Scorpio the Scorpion or Eagle and Aquarius the son of man. The twelve signs of the zodiac have been linked to the twelve tribes of Israel.

Following in the footsteps of those who hold the view that the make-up of all that is physical is the same in all forms of physical life, through the Law of Correspondences it can be seen that what affects one affects all, and all are a reflection of each other.

As above, so below.

As the orbs of the sky are created, so is man. Look within man and a replica of these orbs and their movement is found down to the individual cell. The scientific technology of the Age of Aquarius is revealing more about these correspondences.

The truth in Revelations has always been masked from the physical intellect that has its own agenda. Truth is unveiled by man through his intuition. The wisdom that is in Revelations guides man towards the One God even as he looks within to find wisdom through meditation, devotion and fasting.

A word about meditation:

Meditation is a tool to achieve awareness of and unity with the One God. Physical life can become a meditation.

A word about fasting:

Fasting is the discipline of moderation in abstinence of all that slows the predestined course of the light of spirit through the body.

A word about devotion:

Devotion is the effort made to discover and follow Divine Will.

Revelations are the revealing of the growth of man's spiritual awareness. Revelations tell of the influence of the seven angels (Lords) of the physical planets in the sky.

Revelations tell of the harnessing of the four primary *forces* of physical life (gravitation, electromagnetism, weak interaction and strong interaction) that work with the three states of physical matter (solids, liquids, and gases).

Revelations tell of the gathering strength of the shadows produced by the beast.

Revelations tell of the son of man who combines the power of light within the seven planets, with the power of light within the Earth and conquers the beast that arises out of the bowels of Earth life, where it has nurtured its strength and gathered all of like vibrations into itself.

Does not the beast represent the desires of man for the pleasures of physical life and the bowels of the Earth signify the lustful nether regions of man? Does not man need to overpower the beast and transpose its energy into a desire for the pure light of the One God? The son of man is he whose soul and spirit can merge in purity, having embraced inner devotion, light and truth. He wields a two-edged sword for the protection of truth and light. All must bow to the accuracy of this sword for it can sever the soul that is of darkness from its individual course and cast it into the realm of shadows where it will reflect upon its nature, then either rise to spiritual enlightenment or fall into annihilation.

The teachings of Jesus Christ show the path of the son of man. His directives and admonishments illustrate the purification necessary so the spiritual germ of life within man

can ascend. All who hear his words with intuition, experience the power of love that always accompanies truth.

Book of Revelations

Excerpts from the Book of Revelations as examples of symbology.

Examples from a Christian Bible are written in italics.

Explanations offered are written in plain print.

Understanding symbology helps in understanding Revelations.

Chapter 1.

1.8. I am Alpha and Omega, the beginning and the end, said the Lord God who is, who was and is to come, the Almighty.

8. These words tell man that the One God always was, always is and always will be, and to the One God all things will return. As the beginning and the end of all things, the One God is all powerful and Almighty.

1.12. I turned to see who spoke to me. When I turned, I saw seven gold candlesticks:

12. The seven gold candlesticks are symbolic of the planets of the sky. Through their flames of knowledge (gold) they initiate and implement man's journey to, from and upon Earth.

1.13. In the midst of the seven gold candlesticks was one like a son of man – clothed with a garment down to the feet and girded around the paps with a golden girdle.

13. The Divine seed of life is within the son of man and can grow to become the son of God. He is standing among the seven gold candlesticks signifying that passage through physical life, under the influence of the rays of truth from the seven planets, has been completed.

The garment signifies apparel for the realm of life his spirit is taking him to. His golden girdle signifies the wisdom of his spirit.

1.14. His head and his hair were white, like white wool and as snow, and his eyes were as a flame of fire.

14. The head symbolises the place of the One God in man: his head – the highest place of spiritual aspiration. His hair was white and like wool – his spiritual seed intact and ascended to this place. His eyes of flame reflect the fire of life – the spirit within.

1.15. His feet were like fine brass aflame, as if in a furnace and his voice was like the sound of many waters.

15. Brass is an alloy of copper and zinc. Symbolically zinc is indicative of maturity. With copper so often symbolic of man's physical condition, the feet of fine brass symbolise how the son of man, born of the Divine life within, can ascend to spirit, having burnt away all physical desires with the spiritual flame of life. It alchemizes the brass of physical life into the pure silver and gold of spiritual attainment.

His voice was like the waters of life – carrying truth just as life is also carried through water – spirit life through the oceans of space and physical life through the waters of the womb.

1.16. He had in his right hand seven stars. Out of his mouth came a sharp two-edged sword and his face shone as the sun shines in its strength.

16. The seven stars are the seven angels (Lords) of the seven planets that lay a path for man on Earth.

All words spoken are delivered as a two-edged sword that cuts down the lies and distortions for he knows only spiritual truth that shines on his face as a sun.

1.17. When I saw him I fell at his feet as through dead. He then laid his right hand upon me, saying: Fear not. I am the first and the last,

17. In comparison to his spiritual countenance, too bright to look at, it was as though I were dead. Man may be powerful and glorious upon Earth but when only of the intellect there is little spiritual attainment so he cannot enter the realms of love. First, woman (intuition) must be exalted above man (intellect). The first is then last and the last is first. In the son of man the intuition and intellect can become one.

1.18. Am alive but was dead. Behold I am living for ever and ever. I have the keys of hell and death.

18. By succumbing to the allure of physical life my spirit cannot fully function, so while I am on Earth it is as though I am dead. My spirit will live forever but my physical desires are the keys of hell that is life on Earth. They tie me to the death of my body.

1.19. Write down the things you have seen; the things that are and what shall come after.

19. What you have seen is the message for now. It prescribes the path ahead for the family of man.

1.20. The mystery of the seven stars, which you saw in my right hand, and the seven golden candlesticks is this. The seven stars are the Angels of the seven churches. The seven candlesticks are the seven churches.

20. I give you (in my right hand that symbolises power) the message of the Angels (Lords) of the seven planets, symbolised as churches, for they hold the Wisdom of the Ages.

Chapter 4.

4.6. Before the throne there was a sea of glass like crystal; and in the middle of and round the throne were four beasts full of eyes before and behind.

6. The throne symbolises the attainment of the Christ consciousness that all men of Earth shall achieve. The sea of glass symbolises the physical reflection of spiritual life – the illusion that physical life is all there is.

The reflections are relayed to man through the four beasts who have eyes only for physical life, many of them, because the inner eye single, that can reveal that all is a reflection of the spiritual source, is veiled by their desire for the ways of physical life.

4.7. The first beast was like a lion, the second beast like a calf, the third beast had the face of a man and the fourth beast was like a flying eagle.

7. The four beasts are the fixed sign of the zodiac. Through the Bull (calf) of Taurus a ray of spiritual light that produces physical life is constantly confronting the allures of Venus – the ruler of Taurus.

Through the Lion (Leo) the fire of passion for physical enjoyment generated through Venus burns fiercely, like the sun its ruler. Man can be consumed by his passions that can tear him apart like the Lion.

In Scorpio, the Scorpion hurts man through his sexual excess as its ruler Mars wages war within. The scorpion can become the White Eagle when physical energy is transmuted into the spiritual fire of life.

The son of man in the Age of Aquarius, through its ruler, Saturn, can learn to control his appetites so he can become one with the Divine.

4.8. The four beasts each had six wings about him. They were full of eyes within, and they ceased not day nor night, saying, Holy, holy, holy, Lord God Almighty – which was, which is and which is to come.

8. Six is the number of the beast – the number of the sixth sign Virgo that symbolises purity and chastity. The wings of Mercury, ruler of Virgo, bring the message that man always has choice. The path of purification opens the inner eye which spiritual focus is only for the ways of the spirit that reveres and worships the Divine Lord God.

Lucifer

Introduction

The Fall of Man is his descent into the allure of physical life after he came to Earth as part of his journey into an expansion of conscious awareness.

Lucifer is symbolic of the Fall of Man.

As the Morning Star Venus, Lucifer calls man to the eternal love of the Greater Life.

As the Evening Star Venus, this cold and beautiful Lord sows seeds of dissension in man when he presents him with a reflection of eternal love. This reflection takes the form of pleasure in the physical senses. They burn up the light of man's mental clarity until he forgets his spiritual nature.

Lucifer hastens man's choice between eternal love that allows him to soar like the eagle, and self-love that leads to sensuality and excesses which chain him to material life. Lucifer gives man the choice of using his energy for an exalted purpose or his own pleasure.

The choice man initially made is apparent today. He depletes his physical body through Venusian excesses and his behaviour is unpredictable. He allows material gain to infiltrate every purpose in his life.

Descent into the allure of physical life is man's original sin, caused by his desire to act in creation according to his own will.

Earth has become man's home for the length of time it takes him to grow beyond the allure of his physical senses, purify his body and soul then ascend once more to his previous spiritual position. Ultimately physical matter has no place in the life of the human spirit.

Using his acquired knowledge that his experiences through Lucifer have given him, man can retrace his steps. His journey through the Mansions of Life can then continue. This journey

presents him with many places in the universes of life that can teach him resolve of spiritual strength.

According to the desire of his heart and according to his free will he chooses the places to go to; all earned as a result of his actions in life.

There is purpose in life.

Awakening to this purpose reveals the true glory and joy of life.

Letter to Lord Lucifer 1

I am making a personal journey through the mansions of God's kingdom. I cannot say what God is because I am a finite human being but sometimes the Lords in charge of creating these mansions, through which I as a human spirit travel, are seen as God.

My spirit is my life and this I know. But what of the Greater Life? What of the life of angels? What of the life of archangels? What of the life of the Lords of Creation who bring into reality the spheres and universes of life and then maintain their integrity? I only know that what we call angels, archangels and Lords of Creation I revere.

Lord Lucifer is Regent for a higher principle. He carries the flame with which he creates; using the breath to fling this flame to its place in a burgeoning universe. Knowing I am born to expand what is already created, this I do with my thoughts and words.

I ask myself why I am here on Earth when I could have remained in Spiritual Eden? Spiritual Eden is beautiful; a mansion of life created to flourish in; a stepping stone to even greater places.

In Spiritual Eden I could use my creative ability to increase my conscious awareness of life, as could others. There I could sow the seeds of what was to happen on physical Earth, to

where souls would come to expand what was created for man's potential. The spiritual family of man was to travel together from Earth to their spiritual destinations.

Lucifer, Lord of Light,

You are the Light Bearer. You are born in light. You radiate light. Noble and regal, you are emblematic of unbending, implacable truth. As the brightest star in our sky you dispel the darkness with the flames of your light that is our life.

To whom did you entrust this light?

Did they use it to follow the Divine Will or did they take what was entrusted to them and behave as gods, creating according to their own will?

I would not like to face your anger when you recognised the birth of individual will.

Lord Lucifer,

Unbending and beautiful, you demand that the laid path to greater light is travelled in truth. As the great tester you allow those who cannot comply with Divine Will to be brought to their knees, for that is the law. This we have already seen.

Was the fall of spirit and angels who seemed as gods the result of your adherence to perfect truth? I know angels are messengers. I know they step down their vibration to deliver their message to physical man. In this are they are part of man's fall into generation? Did you cause those who planted the seed of continuing, physical generation to participate, then allow events to play out?

Did I become lost in these possibilities, believing I was capable of creating in a way other than what was designated for me through you? When my thoughts matched yours did my feet become as lead as I stepped down from a Spiritual Eden of joy; as I passed through Etheric Eden and the Magnetic

Planes of Illusion; to land on the physical world of Earth I cannot call Eden?

After I travelled here through the mists, when I awoke my companions were mirroring joy, creating a world of short-lived delight. Sparks of light only, they believed themselves to be a blaze of glorious rays.

Lord Lucifer,

You showed me the serpent and its face was beguiling.

Was he you?

Are you the serpent of wisdom?

Were you showing me the way by giving me the chance to live with knowledge of good and evil?

Were you offering me a path to immortality through choice and effort?

I am of man but I am also of spirit; a ray of light; a spark of light you guide to become *I am*. For a while I belong to Earth so I belong to karma, but only for a while. I was not aware of the varied faces of the Serpent of Wisdom but you show me how to leave physical life when you shed light on what I need to know. I will leave this place forever but there are many of us and we must leave together. We have the way. We have the opportunity. We have the time.

I am not relegated to darkness when I misunderstand the meaning of creativity. I have my place in the order of life and I can continue my direction towards wisdom. I will return to its lodge.

In one way I am blest because the return journey is mapped within my soul and there are signposts in the skies. There is a Ray of Light in the distance above me. The door at the entrance to its lodge is closed but it beckons me. I am on the path leading to it.

I will silence the intellect that has been raised so high. I will subdue the physical emotions that threaten to destroy me. I

will travel the return road to Spiritual Eden. I am on the first part of my return journey but, Lord Lucifer, I will travel it without you for I will not heed the words of those who have listened to your allure; your test.

Why do I want to flee this material world?

I am blest with a memory of Spiritual Eden where the breath that brought life provided all I needed for life.

Have I strayed from this life?

This present separation has brought me pain.

Is this because my thoughts and words have created a place of pain?

I know all who live upon physical Earth suffer this pain, because the influence of humanity upon creation has produced animal and plant lives whose deaths maintain human lives. Transition has become Death. He visits all who live on this physical world, so I am confronted by Death. I will pass through Death. I will retrace my steps so I may be worthy once more of a spiritual life lived with full consciousness, in worlds of greater light.

Lord Lucifer,

You are part of all that has happened. You are part of man's fall into physical life. You are part of the blending of the wills of angels and men but you are also part of our return journey. I know you will return to the gentler ways of the Winged Serpent of Wisdom that does not tempt and test but guides and instructs in truth – through intuition.

This journey out of physical generation is long but you have balanced the Scales of Justice for us. I can only follow my heart. It tells me that all who fall into the ways of physical life belong to only one small part of the creative light that is always

based on truth. This great and magnificent truth I can only revere as I discover what I am able to.

When I look at how people on Earth have been living for so long I ask myself:

Does what they believe encourage evil?

I question everything and I bow to the advice I have formally been given, *Have no beliefs. Know only truth.*

Truth is light. Truth is love. Truth is beauty. Truth reveals more of itself. I seek to only see and aspire to truth. Its outcome can only be good for all men and women.

I have tasted the fruits of the Tree of Knowledge of Good and Evil in Eden so I know how to choose between good and evil. I choose good. I choose life. I choose love. Most of all I choose truth.

Letter to Lord Lucifer 2

My beginnings are shrouded in mystery and on Earth there is much I do not wish to see. I perceive only the latent good and it is accessible. I view darkness as potential light, for that is what it becomes in the correct season.

Man has ever relegated to darkness what he did not want to acknowledge so I must seek in the darkness once more for truth - that elusive mystic whose face can only be identified through purity and simplicity.

Lord Lucifer,

You have been relegated to the deepest darkness by man. You have always been the Bearer of Light but you have been personified in a form opposite to your nature.

What is light?

It is life. It is love. It is movement. It is truth. It is the energy of creation.

What aspect of truth is made available to us?

According to your ability to distinguish right from wrong, only what you need in the moment and only what promotes the good within you is available. This changes constantly, sometimes becoming the opposite as its philosophy is absorbed.

Am I a pebble on the beach, at one time or in a future time?

Believe you have been and could be a pebble on the beach and you will look after all pebbles on the beach, treating them as you would yourself. In this you become one with all pebbles, as though you were one.

Through this philosophy you learn to look after and take care of everything on Earth, not seeing anything as available for selfish use, only part of a system of life that is made of many manifestations of life – a coat of many colours.

There are many forms of life. You are able to identify with them because other forms of life are within you even though they are unseen by the human eye. Some are transcendental and some are microscopic. They are there because the human body is made from the Earth. Even its iron core is within you.

What of the Tree of Knowledge of Good and Evil?

This tree is within you. Your roots are in your spiritual home but for a while your branches are breathing the air of physical life. The serpents of good and evil are passageways within you. They are also without – apparent in the heavens above.

Lord Lucifer,

Why was it wrong to eat the fruit of this tree and know the difference between good and evil?

Why does the serpent offer us this opportunity?

Why have you been portrayed as other than Bearer of Light the tempter?

Throughout the ages the serpent has always represented wisdom. Wisdom can discern between the requirements of

your spiritual life and the requirements of your physical life – each diametrically opposite the other. Wisdom can only be attained through self-determination and the ability to comprehend right from wrong. This is the first step on the path laid for your progression out of aimlessness to a life of creative expansion.

You live in the human body that has been given senses and sensations. I made you aware of this. Because you ate the fruit of this tree, each day you are tempted to succumb to the demands of these sensations, that with their accompanying emotions lead you away from your path of spiritual expansion.

For your spirit to expand you must recreate your body to house your spirit's expansiveness. You must purify it so its appetites do not inhibit the possibilities of your spirit. This is knowledge of good and evil. Evil is seen as such because it is the result of how you have used your knowledge, gained through experiences when you followed your own will.

Knowledge of truth sets you on the path to wisdom and so the serpent's face is shown to you. When the serpent holds no temptation for you it becomes the messenger of wisdom, bringing what is needed from the Lords of Life that hold your worlds in the palm of their hands. Its wisdom can take you home.

Lord Lucifer,

There are many myths and legends about the beginning of life but I can only comprehend my own journey. There may be creations of life beyond the spirit of my mortal being that are more than what I am aware of but I can scarcely comprehend what makes me who I am.

In some cultures there are many gods. In some cultures there is one God. Regardless of how creation is viewed all eventually become enfolded in the arms of the One God.

Do messengers come to Earth to live like us and guide our footsteps in our Fall from Grace?

The Fall from Grace brought karma to all concerned and this is still being played out on physical and etheric worlds. You are important in life and when you ask to be shown the way, it is shown. There is a way for what you need, to be given. Stepping down through the hierarchies of Beings and through messengers, truth manifests everywhere.

There will always be those of light who are willing to become part of the fall into physical life so they may carry the message of truth to a people in need. In the myths, legends and religions of time these messengers have been given many names.

As you reach ever higher you are able to receive more of the help that is proffered by the teachers who teach from spiritual realms for you can only learn from those you are aware of. Continue to recreate yourself and your environment. Follow the winds of change that blow you along the road you want to travel and the messengers will guide you.

Shadowland

The spirit of man never completely leaves Spiritual Eden. Its birth is in this garden of life so its roots remain there. O Adam Man, Spiritual Eden was your birthplace. Made in the One God's image, was it not perfect light, as is all creation?

What is this light over which Lucifer has dominion?

Light is the seed of all creation, coming from the hand of the One God. It can travel everywhere and be everywhere of its own volition for it manifests all that was, all that is and all that will be.

O Adam Man, why did you ponder on self instead of the One God?

Why did you move from worship of the One God to worship of self and symbols?

Why did you have to follow your own will?

When you gave birth to your own will were you not aware that Lucifer would know?

As a result, Lucifer sent his command on a Ray of Light to accommodate your desire that created the need for a Shadowland to house your will. You could no longer accept the light of Spiritual Eden. It became too bright for you so you have been relegated to the Shadowland.

Your will needs a cooler light and physical Earth is the place where light has solidified the energy of creation. In this place, you have been given dominion over all who live there. You have been given dominion over the land, sea and sky that make up the world of Earth.

With the birth of your will, duality was created – action and reaction, light and dark, knowledge of good and evil. Even the serpent of wisdom became dual for you. With the birth of duality your dream was created. Now you must live it and Lucifer, the Lord of Light, ensures that you do. You have free will. You have choice but knowledge of light is now only apparent to you as a reflection – in the shadows you have created. Your return to full light has to be through travelling the shadows.

What is Shadowland?

What is physical life?

Shadowland is your dream of creation. You have adjusted the mathematical formula of creation, but have you improved anything?

O Adam Man, this is all a reflection. You think you rule, but what do you do with your kingship in this place that houses your thoughts and desires?

Shadowland is your dream of the light of creation because, O Adam Man, how could you be given the light with which to work your folly when you desired to create according to your own will? This you have done, but Lucifer has only allowed you the reflection the shadow. In your folly you believe it to be reality but one day science will show you otherwise.

In your Shadowland you can only create with labour. You can only create with energy you cannot recapture. In each moment of your life a little of you dies, for the shadow is receding and you cannot survive it for a long period of time. You have to leave it again and again until you remember while you are there, that it is only a reflection – a dream. Each time you return the borrowed spark of your spirit to the Greater Life you review your folly; each review as real as the time you lived its manifestation. This is a description of your physical life in Shadowland.

How can I wake from the dream when my heart is embroiled with the kingship it offers me?

You must seek the One Life, the One Light, the One God, the One Spirit, and merge with it. The only place you can find this is within you, for without, although you see the glory of nature, all is dual.

Let your spirit, mind and body merge with the will of the One Light and you shall awaken.

Magus

Introduction

Man is experiencing the physical world. To understand why he is experiencing the physical world as it is in this time, he needs to relate it to the greater picture of his life. How does he do this?

While he is upon Earth, man comes under the rule of the Lord of the Earth whose wishes are displayed through the Laws of Nature. These, man must follow. Simultaneously he experiences other worlds in his dreams, his meditations, his visions and his prayers. He does so because his heart knows that life is greater than what he is experiencing upon Earth and it is trying to instruct his mind.

The Magus is symbolic of a great Lord under whose rule man lives. He signifies an overview that relates all knowledge, learning and experiences, not only to physical life but also to the soul and spirit that are part of the Greater Life. The realms of the Magus interpret experiences and provide reasons for why things are as they are – why man feels as he does and how he is learning what he is learning.

When man chooses experiences that relate predominantly to physical life these experiences are indulgent. They have a destructive effect, not only upon the body, but also upon the soul because energy is lost. This is easily seen.

For example:

The body enlarges with overeating. The body contorts with rage. The body dissipates with sexual indulgence and drugs, by a process that is known as “*the little death*”. As indulgence depletes the body, the mind becomes empty. There is no original thought and there is little energy for productive activity.

Why is this so when man is here to live a physical life?

For man to elevate, his experiences in physical life need to make a contribution to the Greater Life. Experiences can transpose into something greater, just as the caterpillar becomes a butterfly.

The knowledge of the universe is vast. Life is an expanding reality. The human heart strives to understand the place physical life holds in the Greater Life even as it reaches beyond what it knows as it travels the path of the Spirit of Life.

Lords of Creation show the way to gain knowledge through experiences. While man may acknowledge there are many Lords of Creation he cannot understand the character and work of any. They are beyond the workings of his finite, physical mind.

The Magus provides a way to comprehend the significance of experiences. The magnificence of this great Lord, who rules an enormous slice of infinity, is enough to send man to his knees. Awareness of the realms of the Magus leads to a desire to enter them and gain knowledge, that once absorbed, can enhance the way physical life is lived and promote spiritual endeavour.

These realms open doors to rooms within the soul and lead to a desire to find true purpose in every thought and action – purpose other than pleasure, accumulation of material wealth and control over other people's lives. As the complexities of the soul are revealed, expansion of the mind becomes feasible.

As the passageways of man's mind become encumbrance free, they open. Knowledge becomes clear – able to reach the heart. Any difficulties learning brings are welcomed because it is understood that everything experienced not only relates physically to affect the body, but also etherically to affect the soul and spiritually to influence a greater destination. It becomes clear how the soul influences the direction of journeys made to reach a greater destination.

What does the spirit of life seek?

The spirit comprehends the greater reality from all angles; from inside, outside, above and below. Unrestricted by perceptions and beliefs, like the shining star that it is, the spirit has already travelled beyond the place where its visible light was generated.

There always has to be a method by which we learn and the Magus shows us one. His way shows three interpretations of life in interpenetrating worlds, for no part of creation is separated from another. How long it takes man to absorb what the Magus offers is inconsequential for there is no time in eternity.

Embrace the realms of the Magus even though entry to such abode brings cessation of life as previously known. Armed as the Warrior of Truth and accompanied by Strength, preparation for the journey through the Realms of the Magus begins.

Can everyone draw close to these inner worlds that can teach?

Understanding inner worlds is a slow process as is any adjustment to the thinking processes. Everything takes time and effort. A person has to have a desire to make these journeys to inner worlds. They are individual to each and take a form that is compatible with the person's existing understandings which are the foundation from which all else grows.

These inner journeys are subjective. They are illustrative of learning processes that result in the absorption of greater and wider perceptions of life. The Magus is illustrative of a key figure of personification who clarifies the choices of available inner journeys.

A difficult concept to grasp, the Magus monitors and teaches of the relationship between the light and the dark that

exists in all people. He shows how one transposes into the other and how both can merge to become the one creative force of life. Using the allegory of light and dark the Magus opens the door to both, yet all is according to the choice of the traveller.

The Magus represents a journey of discovery that allows the traveller to meet every aspect of himself openly and face what has to be faced when he is ready to do so. The traveller has to be ready for the Magus. He has to have courage to make the journey through the realms of the Magus. He needs strength of mind to understand the implications of this journey.

These are inner journeys everyone must make. The individual makes them when he is ready – when life pushes him in their direction. These journeys are made alone but can be initiated or encouraged with the help of a Guru, Master or inner Spiritual Teacher reached for through the heart. Initiated alone or with guidance, these inner journeys follow the goal of the heart and this goal influences the outcome.

The goal is the Spiritual Plane of Enlightenment – reached through love, purity, simplicity and the desire for truth that brings to light everything on this inner spiritual journey, even as physical life continues.

Meditation is also an inner journey. Just as inner journeys are individual to each person, so is meditation. Whatever method is used, meditation is a tool to achieve a goal and it can lead the Seeker of Truth to the Realms of the Magus. It may be a different Magus or a different personification. The process may play out differently but it is really the same.

There are no explanations in the following writings of the Magus. What they illustrate can become clear with the individual's own journeys and meditations.

The Changing World

To the beloved traveller,
The threshold is behind you.
Arrayed in the oyster robe of silk,
Crowned with the headpiece you returned in an earlier day,
Carrying the scroll upon which are inscribed the keys,
And holding the Rod of Remembrance,
Another threshold approaches and the domain is travelled.

Rejoice in your heart for the freedom that awaits.
Draw to yourself those who can initiate with you.
Your direction is clear.
Still a draft of wisdom that can quench the thirst of others.
Allow the chords of love to wax and wane according to the
tides of life,
For the voice of love guides you forever more.

Magus

The spirit of man lives upon Eden-Earth to gain spiritual experience in a material world. Illumination may be gained during a lifespan as the result of learning already gained through many lifespans in various places.

This discourse applies to a specific learning process presented by the Magus who is Lord of certain dominions. He rules a learning process that is achieved with all thoughts, ideas, decisions, actions and vibrations experienced upon Eden-Earth by the spiritually-seeking traveller who seeks to also learn on the Planes of Illusion and Illumination and transpose what is learnt in Spiritual-Eden.

When the Magus shows himself to the spiritually seeking traveller as he passes through the spiritual gateway that leads to the threshold of the domain of the Magus, the traveller feels a powerful force coming through the luminous darkness which becomes filled with a presence that then manifests as the

form of the Magus – constructed according to the teaching to be encountered by the traveller.

Always the Magus is strong, powerful, magnetic and wise. When arrayed in a vast, black cloak with gold formations of stars he communicates personally to the traveller and draws him into the influence of his powerful aura.

Upon entry, the traveller receives the oyster robe of silk, is girded with the mantle of blue, carries the scroll of knowledge and the Rod of Remembrance and wears the ordinance of crowning glory. All of these grant the traveller the right to travel through the domain of learning ruled by the Magus. Protection is achieved through his spiritual awareness and he is accompanied by the voice of love, although his path is in the shadows.

The traveller may communicate his desire. He may go with the Magus if he dares or wills. He may refuse to accompany the Magus. He may request further time. In this last case the Magus will return, but not in form. They will meet again once the traveller approaches the threshold that leads to the domains of the Magus.

The dominions under the rule of the Magus are poles apart and his cloak of royalty symbolises their existence.

- ❖ Colour black – Eden-Earth – physical experience.
- ❖ Rods and Stars – illusion of knowledge.
- ❖ Colour gold – spiritual learning.

Learning

Learning is experienced in three planes of reality simultaneously and the experiences run parallel.

The three planes are:

- ❖ Eden-Earth – physical.
- ❖ Magnetic Plane of Illusion – the Etheric Plane that houses all the thoughts and experiences relating to the traveller, both past and present.

❖ Spiritual Eden –the Spiritual Plane of Enlightenment.

The Spiritual blueprint of Eden-Earth (physical) houses the Temple of Spiritual Thought - the Adytum.

The Magus rules the association between the three planes of thought. By the Law of Association, according to his desire, the traveller is drawn towards the learning phase provided by the Magus and is prepared for simultaneous travel through –

1. The domain of Eden-Earth and its physical influences.
2. The Magnetic Plane of Illusion and its varied soul experiences.
3. Spiritual-Eden – the Spiritual Plane of Enlightenment.

The traveller needs wisdom to be aware of the disciplined learning technique of the Magus which can keep him safe in inner worlds. Should he enter the Plane of Magnetic Illusion without guidance or without being approached by the Magus, the traveller is at risk of being unable to discern between illusion and reality. His information is not supplemented by what he gains from the Spiritual Plane of Enlightenment for he is not travelling through the usual avenues of guidance and instruction.

Magus 2 – The Gateway and Thresholds

Within the framework of the physical body is a gateway that leads to inner worlds. The gateway is seen within the mind through the eye single, although the seat of the gateway is in the solar plexus.

The Gateway can be seen as:

- ❖ *A swirling mist of colour* – seen as symbolic of higher spiritual realms or spiritual radiations coming from them.
- ❖ *A screen* – seen as the means of receiving visual sight of those who belong to inner worlds.

- ❖ *Gold rods and stars* – seen as direct communication by greater spiritual beings capable of bringing enlightenment.

Upon passing through the gateway, thresholds present to the traveller in spirit; he who has love in his heart and is unassailed by fear. These thresholds lead to various dominions and realms, each of which is ruled by a Lord.

He who is the Lord is the host and he prepares a great feast for the expected traveller. He provides a garment for the traveller's protection on his journey. He gives the traveller all he needs to facilitate safe travel through his experiences.

To those human souls who dwell upon Eden-Earth, thresholds are awesome sights, to be feared and best left alone. To the initiated there is no fear because spiritual training has been completed concerning what to expect in the realm to be approached.

The traveller has recognition of those who are to meet and guide him. He is aware that a new range of experiences and learning is to be his and he welcomes such challenges.

When the traveller encounters the Magus, who presents himself and offers for the traveller to follow him, the power of the Magus directs the traveller to approach thresholds that lead to –

- ❖ Eden-Earth and its etheric field – housing personal will and desire.
- ❖ The Magnetic Plane of Illusion – housing psychic capabilities according to the desires of the Eden-Earth personality.
- ❖ Spiritual-Eden – the Spiritual Plane of Enlightenment – housing elevated spiritual awareness that causes dramatic change in the way life is perceived and lived.

Presentation

Thresholds present themselves to spiritual travellers under several circumstances.

- ❖ Upon “the little death” resulting from the focus of the soul on certain psychic, sexual or drug-induced encounters.
- ❖ During an elevated state of mind when the spirit controls the life-force of the human body and soul.
- ❖ Upon death of the human body.

Thresholds appear to the traveller in three ways.

- ❖ As a fiery furnace.
- ❖ As an elevated entrance in the mists unable to be approached physically.
- ❖ As a simple nondescript doorway of no interest and with no handle for gaining entrance – to the initiated, a welcome sight, hardly noticed until passage is completed.

Description of the Doorway

To the experienced traveller the doorway may be seen in three ways.

- ❖ As a simple doorway through which streams a light too bright to be approached unless the traveller is wearing the garb of the realm to be entered. At the side stand resident guardians waiting to escort the traveller through.
- ❖ As a simple wooden doorway amongst old buildings and overgrown gardens. The doorway is difficult to get to and has no visible means of manoeuvre. No one is around to aid the traveller in his attempts to gain entry. He must know the key or the handle shall slip away.
- ❖ As a well-kept doorway. On the traveller’s side there are no companions. Guardians stand on the other side waiting for the correct word – key – from the traveller before they will open the door to him.

Association

The traveller, holding the keys within the scroll, having the power within the rod and having the protection required from the robe and mantle, is blasted into a reality that shall shatter all preconceived notions of life, i.e. the separation of Earth thought from more psychic and spiritual thought.

The Harbinger

For all knowledge requested there is a messenger. Whoever and whatever the traveller desires and seeks, he shall receive. Knowledge comes first according to his prejudice and the messenger is arrayed according to this prejudice.

- ❖ The harbinger of Eden-Earth shall come in many varied forms and portray life beyond the physical grave according to the prejudice of the traveller.
- ❖ The harbinger of the Magnetic Plane of Illusion shall be arrayed in seemingly spiritual raiment that corresponds to what the traveller believes to be spiritual.
- ❖ The harbinger of Spiritual-Eden shall come on a force that fills the void and apexes to a form that is simple and symbolic embodying cohesion of all three planes of information.

Experiences

Experiences upon Eden-Earth are not only associated with physical Earth. The direction of travel, as a result of thoughts and actions, is seen by the traveller plus the predictable outcome of each experience.

Each experience shall enter, in thought, the Magnetic Plane of Illusion, shall be magnetised and shall re-enter the Earth, causing the likely outcome to expand in the traveller's mind even as he lives upon Eden-Earth.

The same experience, when worthy, shall enter Spiritual-Eden in thought and in this Spiritual Plane of Enlightenment,

shall receive the Coat of Love, be magnetised then re-enter the Earth causing the greatest possible outcome to expand in the traveller's mind even as he lives upon Eden-Earth.

- ❖ Knowledge from Eden-Earth and its etheric counterpart will cause adjustment in Earth life and a shift in prejudices, opinions and judgements. Old ones will go. New ones will form.
- ❖ Knowledge from the Magnetic Plane of Illusion will cause a greater interest in the psychic life than Earth life. Spiritual blindness can result. Disillusionment and burn-out can take place until neither plane is acceptable. Insanity, despair or suicide can result from intensity.
- ❖ Wisdom and understanding from Spiritual-Eden will come as an awareness of life greater than that portrayed by mediumship.

The traveller shall see that

What he presumed to be only associated to the material aspect of Eden-Earth may not be so.

What he presumed to be spiritual may not be so.

The knowledge within his soul, although vast, remains hidden from him without certain learning processes, one of which is presented by the Magus.

Result

The traveller shall no longer be able to accept his former understanding of the restrictive, separate workings of the three minds: physical, subconscious and spiritual. He shall experience a blending of understandings from his experiences. They shall not be computed separately.

The mind, during his learning, expresses differently – in a grid beyond the electrical impulses of the three minds he is so familiar with. All becomes a unified expression of the One Mind – the Greater Mind.

The scrambling process of the three minds is an aid to the spiritualising process of the evolutionary future of man for beyond this learning process is greater illumination of experience – also offered by the Magus.

Part Two - Interlude – Oasis

Introduction

Life is active; a moving breath across the world that stimulates our minds and our bodies to participate in all that it offers. We are human so sometimes we have to calm our troubled souls.

How do we find solace?

Who can inspire us to do what we need in the moment?

The flowers and trees give us therapy. Through them we can accept there is only the moment of now. The animals show us the natural cycle of life. Through them we can accept that we are part of the same cycle. Music elevates our spirits. Through music we are taken to another dimension of joy.

Sometimes we need words of comfort, encouragement and guidance. They can confirm our inner knowing of what we can do to ease our minds and hearts but they have to come from someone whose wisdom we respect.

From time to time I find myself in a place of visions. This usually happens when I am sitting at a crossroads of change; looking at long, empty roads of choice.

Why is it that when we are at a crossroads we are always there alone?

Why do we need to take the first step alone at such a time?

The mind has emptied, the heart has gone silent and the soul is reaching for something beyond vision.

I find myself in an oasis; a place of calm acceptance; a place of peaceful encouragement; a place that nurtures courage; a place visited by the wise ones of time whom I am privileged to meet for short periods of renewal.

This time in the oasis teaches me of the changing facets in my personality that will help me implement what needs to be done. It is easier to resist change but I welcome its inauguration even though I feel some trepidation.

We live in a time when people are fearful of what their speech can bring them, so personal responsibility is not encouraged and courage is diminishing. In these times my speech is becoming more direct; penetrating to the heart and the soul.

I need to understand my present place in this world so my unexpected return to the Oasis of Learning is a welcome sojourn.

At Your Command

Once more, unexpectedly I am in the oasis and my heart reaches for what it offers. I find myself in the company of many, breathing in the harmonious compatibility I have so yearned for.

We are here today to encourage you for we empathise with the difficulties of relationships; the expectations, disappointments and amazement at people's actions.

What questions do you have for us?

If we are the one family of spirit why is it difficult to love others?

Why is it difficult to find compatible companionship?

Why does this difficulty lead to aloneness or loneliness?

Being of the one family means we all have the same components and live the same type of lives. There are many skills and traits available for use in your life, but you cannot draw upon and use them all in one life.

You choose the components you need so your life can fulfil its greatest potential. There is a large toolbox of skills and traits to choose from. Another name for it in some circumstances could be Pandora's Box.

When you come to earth you choose what you need and draw upon these capabilities throughout life so you may achieve. Liken the toolbox to a treasure chest of gold coins.

When you choose a coin you look to Janus to decide which side to use. Will you be going into your future with a positive attitude that looks forward or will you always be looking to the past; negating the building qualities of positive action?

The way others use their skills and components, their recipe of choice, determines whether they are in alignment with your skills, traits and approach to life.

Are you on earth to absorb what is around you or are you on earth to nourish the good that is within? Your skills, traits and approach to life are what you need to encourage all that is good within you and around you to grow. This includes expansion of your spiritual self.

You draw the people towards you whose skills and traits are compatible with your own, be it only for a time. Sometimes it is their approach that is not compatible. They may be reflecting the opposite side of the same coin.

There is common ground but the approach used may not encourage the same purpose you have. It is better to welcome them then wave them goodbye with a smile.

For a time in life you have compatible relationships that are harmonious, but not for a whole life. When you have chosen a coin you will need to see how both sides work, not only the side you present. Although you may feel you are not compatible with others, you are, but it is sometimes only for a fleeting time.

Observation of life around you teaches you that this is so. It is just that in these particular years leisure time is great and people are looking for others to fill the hours. Quiet contemplation is not as common as activity.

Be peaceful. All here now are in harmonious compatibility with you, so it is possible, but not always at your command.

You are part of the forward movement of all human beings. Whatever you feel as an individual, you are contributing to the march of civilization. Yes there is violence in the world, but less in the daily lives of many. Only a few centuries past, during

times of political change, violence was faced by most people on a daily basis.

Men upon earth are more civilized and you are part of making this more so. No man is an island so when you reach out to others with a kind word, gentle countenance or a warm smile they respond, and for a moment you are in harmony with another. In this way loneliness is expelled and aloneness remains.

Solitude

I find myself walking through the surrounding trees, past a well, towards a familiar dwelling.

A gentle knock on the door causes it to silently swing open and I gaze at a well-remembered courtyard. There, under the eaves of a house, sitting in the shadows is a man who is more a presence; a presence I am privileged to enter.

The silence is embracing. He beckons me forward and I feel him reach through my aura to my soul.

He holds out his two hands to grasp mine as I move to sit on a cushion at his feet. He draws me up and embraces me gently, motioning me to sit in the chair before him. In the same instance his words wash over me.

There is no need to be troubled. Here you are safe from your thoughts. Breathe deeply. What you need as nourishment will enter with each breath you take and soothe every part of you.

You still find physical life difficult because it is shared with others. Is this not so?

When you are alone your heart is peaceful and your soul wants for nothing. You breathe in the Wisdom of the Ages and it nourishes your well-being. You are nurtured and encouraged and your journey through physical life allows your soul and spirit to work together in harmony.

On a physical level you speak what has to be said so healing in the injured can begin. Your words are strong, clear,

sure and direct, and you have no thoughts other than the message. You are not aware of its impart or impact, only that the words must be spoken to whoever has asked for them.

All that is important is the intention. The self-seeking, injured and heartbroken do not look beyond what is within themselves so are unprepared for your words. They will resurrect the intention behind the words when they are ready. Then the remembered words will echo through the chambers of their hearts once again.

Deliver your words as you must and be confident that what you offer is what the listener wants or he would not be in your presence; embraced by what your soul offers.

Those who keep their distance do not want your words or their message so at that time you stand alone. During this period of time when you are bereft of company, we of a gentler ilk shall replace your strict teachers and approach to nourish your soul and cleanse your heart.

Another phase of life is now over. A cleansing of all residue will take place and a new energy will be born. You will be completely self-sufficient and look only to us for what you need, becoming strengthened for the next phase of your physical life.

Physical life will offer you nothing but you will offer the physical world a piece of your soul. This offering is a beacon to people when they pause a moment to reflect on how you can live with the qualities you have when your physical life appears so barren.

They may then ask themselves, Can the meaning of life be found through giving to life rather than taking what is on offer?

I shall still a new wine and you shall drink of it. In the silence of your days you shall know its efficacy for you shall see and hear its effect as it courses through you.

In offering us your life we are able to give you what you need to inspire your purpose for the phase of life that is to follow this

time in this sanctuary. I speak on behalf of the Wisdom of the Ages that has no organisation, belief or conditions.

As I place my hand on your head in farewell receive my blessing on behalf of what the Ages offer you. Next time you return another shall greet you and this shall always be so.

You ask about your love.

He spends time here. The memory of his presence draws you here giving you the certainty that you are where you need to be; safe, secure and well advised.

Balance

Be seated and pray with me. Our prayer is our longing look towards our future because it belongs with the creative fire of life in its purest form applicable to us.

You are troubled about creating a balanced life. Who has said your life has to be balanced? Look to the planet earth. Its axis has a 23° tilt causing it to wobble. Look to your seasons. For two days a year at the equinoxes you have an equal amount of light and darkness.

The cycle of life is constant movement which automatically describes imbalance. It is the imbalance that promotes movement. The scales balance change in each period of your life. Some periods are more active physically, some mentally and some both. None of these seasons of your life show balance.

An earthly description of longed-for balance is the description of a well-behaved person who knows his place; a person who does not strive for something he should not.

In the season of activity, work hard and strive in this time of little rest. In the season of rest, cease to reach, look within and nurture your inspiration.

In reality all is striving. Rest is as active as work; not easy to achieve until thought control is established and your heart can hear the needs of your body in each changing season.

You have lit a fire. In due season we shall blow upon its embers. Winter is not the season for this. You sow the seeds as spring approaches, taking them from your stock stored in the winter. The seeds have to be sown, brought to bud, grown and harvested in due season, but do you know the length of each season for these particular seeds? After harvesting comes the roasting and for this the fire is lit.

First there is the season of tasting. What impact is made on the few who are tasting what your seeds have produced? The greater sowing, harvesting and roasting shall follow the tasting. In all these seasons lie work and rest. Balance is not assured.

Sometimes you need to be tired to receive spiritual teachings so your mind cannot interfere. Sometimes you need to be alert to receive so you can reach with your soul for a concept. Whatever the season requires that is what you can do. When what you can do is the best you can do you are living according to natural law and you are a success.

Remember the out of balance tilt of the earth's axis is what gives you the ration of light and dark you need to live. When you leave today take a twig of leaves to remind you that although the desert is hot and dry, in places it is hot and wet, producing water to grow this tree.

Sow your seeds on barren ground and someone will come along and water them after the seasonal rain sprouts them enough for their particular beauty to be seen.

Contemplation

I walk towards a seated woman with much surprise for I am so rarely in the company of a female presence. She exudes comfort, calm and serenity; qualities less common in women in today's world. So much of female communication is unspoken. Her smile is filled with knowledge of my situation and the state of the physical world I inhabit.

Gently she speaks.

You are reflecting on meditation, contemplation and prayer.

Each is a state that reaches beyond physical life so their presence in the physical world intimates that down through the Ages man has always reached beyond his present circumstances. It is as though something in him is striving for what he knows – some state or place he yearns for.

Meditation, contemplation and prayer are eternal – communication tools of the essence of who you are. Whether you are successful in their practice or not does not matter. It is your interest in their existence that is important for it comes from your inner self. You are reaching into this unknown nature to make it more known.

As you entered the courtyard your inner self reached towards me and embraced my inner self. Immediately we were in harmony. I give you the words for your pen, but the words are not necessary, for you know me and I know you. We are at one in common purpose.

What is that purpose?

It is your reaching to blend with life wherever it is; life that is pure light, unadulterated by any will other than its creative principle.

Your physical life embodies turmoil, but with your approach to the sanctuary it falls from you like the dust you brush from your clothes after travel.

While you are here you cannot remember your turmoil. You have no interest in it because your gaze is in a different direction. This one gaze that is reaching to the Greater Life is reaching beyond your present position. It radiates from you, and like light is only visible when it settles upon a destination. At the same time this gaze reaches into the essence of who you are, also not visible in this abode until it settles on the essence of your light.

How can this one gaze move in two directions at the same time, yet not be divided?

It is a manifestation of the philosophy of life; two comes from one and one is an all-pervading unity, neither depleted nor divided; explained with words but not fully understood in a finite world.

Physical life manifests this process in reverse. Two seeds, each coming from two people, combine to form one seed to become one person. This reverse action is the bridge between physical life and what lies beyond. Once this bridge is crossed the process of division continues as the cells divide to form a new human being.

All is mirrored on the philosophy of life emanating from the source, yet it cannot be managed in purity for in becoming a creator, the human being gives of his essence and is depleted. He loses his essence and his soul knows this. In response he recovers vicariously by transferring his aspirations and dreams to his new-born. He gives willingly of himself, knowing he continues in this new life he has helped create.

Meditation, contemplation and prayer are one process but in a finite world this one process divides to allow the finite mind to work in its linear fashion and make sense of nonphysical aspirations in a physical world.

Using an inner gaze, meditation tries to work in conjunction with the physical mind to find unity and common ground in the human diverse and seemingly incompatible manifestations of life principles.

Meditation is self-orientated because it seeks to understand self and self's relationship to the greater worlds of life. It seeks illumination by handing self over to a greater cause so it can merge with the Greater Life.

Contemplation is partly pondering on the nature of life and partly reverence towards the source. It is the bridge between meditation and prayer. Focusing outside self, contemplation has a wider view of life that includes the part self plays.

Its focus moves towards the magnificence and diversity of the manifestations of all life and the relationship between creator and created. It then becomes filled with awe, that is really a touch of the Greater Life entering the soul. This awe can only lead to prayer.

Prayer is a silent awe-filled soul that is aware of the powerful emanations of what is initiated at a source so extensive it fills the void and all manifested life. It fills chaos and serenity. It fills the seed that becomes the mighty oak. It fills the seeds that become the human being.

Meditation, contemplation and prayer have become individual tools, but essentially they are not so. They will merge once again when you move into the state of living every moment of your life in that moment. Merged they can be called reverence.

Reverence is an acute and constant awareness of everything and everyone's contribution to life in its wide and varied known and unknowable capacities.

We have shared moments of reverence and the joy is a profound blessing; travelling between our mutual awareness of the Greater Life. I see your heart and you see mine and we are truly blest.

How do I live?

As I move through the oasis I contemplate my surroundings. All is peaceful. People scattered throughout, singly and in company, are happily active – some writing, some painting, some teaching, some cleaning and some resting.

I stop in front of an old man sitting quietly in the shade of a tree. I ask him what his life is like in this sanctuary. His eyes burn into my soul until I see my soul reflected in the deep pools of these orbs. When he speaks his words reflect a contrast to life upon earth.

He says,

I have laughed, sung, worked and contributed to every environment I have found myself in. My purpose has always been to ensure that each environment continues in a manner that reflects the best within all its residents. I wanted everything I did to contribute to the common good and so indirectly to the growth of what is good within me. Because the good within me has now expanded, as I prepare to leave this sanctuary I am preparing to travel to a place that can accommodate my increase for I now have an expanded outlook of what the human spirit can achieve and I am amazed by this.

At times I am called to impart some of my strength to an area of life that can accommodate it. These callings are as varied as the qualities within me that are touched by strength. There is no limit to what can be absorbed by any quality.

For example:

Someone with great strength in the quality of compassion can use this in different areas of life, e.g. transitions, teachings – at the same time learning more and achieving more depth of compassion. Compassion, like all the qualities of goodness, fills the void, the chaos and the light and can be found on all paths in all environments.

The universes are filled with goodness and beauty. In some places they are in seed form, in other places they are in stages of germination and in some places they are in full bloom. The mansions of life are filled with much to experience.

Physical life clings to its ways and people likewise as they seek companionship and pleasure to fill the space around them, thinking this will fill the heart.

Truth is harsh. Only truth can fill the space for truth has a foundation of strength. The strength of truth attracts all that is created and all that can create. When it fills the space your soul is illumined, your spirit expands and your heart overflows

– gravitating to that place in the universes that matches their light, vibration and intensity.

I sit here quietly but my inner life is busy, reaching for a new destination, already begun; carried by the ray of light I have become. At the same time I leave here what I built – a memory for another like yourself to accommodate. All that I am, when what I am is of goodness, lives on in all the places I have lived.

You see only a part of me, for I am so much more – each part responding to a particular environment.

Practise this way on earth and you will become a seasoned traveller. When you leave you will not be sad to depart for you will understand that part of you leaves and part remains for those who follow to absorb. This is how truth, life and love is shared – never owned, never held - always given to another.

Tear Down your Walls

This environment replicates your life because we are in your etheric counterpart. How does this make you feel?

It feels like a fragile prison; my defence from a wider life, a haven from danger, a retreat from striving, satisfaction with what has been achieved.

How do I move beyond its confines that have been constructed by complacency?

Stand in the doorway and look towards the horizon. Take in the vista that must be travelled before you can reach the position where the sky meets the earth. There is 180° of world to be experienced. This can be done by physically travelling the vista. It can also be done by responding to all the hearts within the parameter that are in turn responding to the greater universe.

By kindling an ever-greater awareness of the similarities between all people who inhabit this vista, you connect with their hopes, dreams and fears. Then you can know what to understand and possibly pen for them.

Be their voice. Should you be a singer, sing their song. Should you be a poet, mirror their lives with verse. Should you be a gardener build a corner of natural beauty they can visit in their dreams.

Draw all their similarities towards you and embrace this great oneness. They can then enter your life and your home. All walls and restrictions will then come down.

You will be friends with many, for they will knock on your door and await instruction as to what they need to do to enter this abode that houses a large community that lives only with sincerity, integrity, purpose and activity, under the umbrella of an expanding awareness of the intricacies of life. They will hear the laughter and the earnestness and want to be part of it in a contributory and receptive way.

When you return to your physical life tear down your walls so your eyes can draw towards you those who watch your heart.

Distraction

With a light step I walk into the courtyard and note the subtle changes that abound. There seems more for me to look at so I pause at the fountain to absorb the details of my surroundings.

Welcome, says a voice at my shoulder.

I look up and smile. Together we stroll for quite some time before the familiar presence speaks again.

You are observant today.

Do you like what you see?

I nod my assent and he explains the reason for the changes.

You are here because you have a purpose. You wish to harmonise your physical life with your spiritual life and live peacefully in the present, whichever presents.

You acknowledge that these two different aspects of life can blend; aware that only one can rule in any given moment.

You comprehend that life changes its apparel at will so cannot be sought for, grasped or held.

In your physical life you have found peace. Your heart radiates throughout your dwelling, reaching towards infinity without a direction in mind or a destination to be reached.

With no ambition apparent you can respond, live and move according to life's demands. Seeking not to succeed in your endeavours, they still come successfully to conclusion. Seeking not to accumulate, all you need arrives at your doorstep.

Seeking not to rule, you are able to. Living in silence, you hear the voice of wisdom for there are no barriers to its messengers. Not needing to speak, you can when your voice is requested.

Harmony now rules in your aloneness, accompanying you even when you leave your dwelling, for your purpose carries it. It is all you have and all you need. At times you step into the bustling nature of the world and its people and enjoy compatible companionship in shared activities.

When you return to your home, how do you return and what have you learnt?

I enjoy the companionship of people and over the years I have returned home with memories of happy times that I have relived in my mind. This time I enjoyed the companionship but when I returned I did not return with any memories. The happy time of shared companionship was already in the past and all I now had was this moment of the present. I did not need memories of shared companionship to feel fulfilled in my alone moments.

I had a realisation that all I did in the bustling world was distraction – time off from purpose which does not include accumulation of people and activities.

Why am I not aching lonely?

Why do I feel the same whether I am alone, enjoying companionship or sharing a time of activity with another?

Why do I perceive that what the world offers is distraction?

When people fill their lives with other people and activities they are happy because these activities and social engagements fulfil physical desires, but only for a time. All is distraction from the murmurings of the heart but distraction cannot be maintained. The season passes. A quieter time begins, being alone is faced and the heart murmurs, eventually heard in the silence that arrives.

We must always return to the message of the heart. Let us be sure we have allowed enough time to respond to its request.

When the heart is heard the eyes no longer see only what the physical world offers. The ear no longer hears only what the physical world says. The mind no longer wants only what the physical world can provide.

The open heart is looking at a wider vista and is ready for it, yearning for it, reaching for it.

Visions

Today is the time for visions. In their season they are experienced as reality. You live them. People and presences within this reality are compatible with you and acceptable to you. They encourage your hope and mirror your love.

They give you faith in yourself – belief that you hold a valued position in the universes of life. These three virtues, forming a triangle, strengthen your foundation that is yourself.

In less than a moment I am in the reality of dreams. Love is here, standing to one side as he presents the encompassing and overwhelming attendance of the teachers, behind whom stand those who are a part of my journey through this physical life. All is reminiscent of an earlier vision. This time I'm not

overwhelmed. My feet are planted firmly where they should be. My fears are reconciled and I am at peace with the welcoming love flowing between us, a welcoming love that is opening my soul to my heart and mind. There are only commitment and desire for all that presents from a world that impacts upon how I live in the physical world.

Your heart is open. All directions for your physical life can come from that part of your heart that associates with the Greater Life. Within the heart there is this seat of many desires, wants or ambitions but physical life can no longer provide them for you.

It has been a long journey for me to embrace this final acceptance for I have always refused to relinquish this drive. Now it is a natural step, not large enough to require thought.

A new way to live in two worlds is opening, for both present clearly, each to be fully experienced, but in simplicity.

In the physical world my foundation is in my home, my castle, my sanctuary. This is descriptive not of just a dwelling, but also of the roads I drive, the footpaths I walk, the places I visit and the people with whom I interact.

This foundation can no longer drive you but it can nurture what you bring to it. Your foundation is in the Greater World, in its people – those emanating presences of varied calibre that draw out what is in your heart and increase its essence. They expand your mind and consolidate your purpose by encouraging your choice of direction. They elucidate on the greatness of the human spirit and respond to the chaos of confused cries.

Remain seated for a moment and allow all you have experienced to reach into your soul so you may carry its essence back to the physical world.

Saturn

Welcome. Sit and rest awhile. Let your physical life slip away as you look into your soul. What can you see?

I see colours that are a picture of what I am living and remembering at this time. These colours being applied show marked contrasts yet they do not merge. It is as though the activities being portrayed by one colour, although showing contrasts, have little to do with the activities being portrayed by another colour. Each colour seems to make its own way through the picture.

The way to move from one colour to another is through a gate so that one colour is left behind and a new one embraced. Each colour is a signature in life.

For example:

Red represents an interpretation of particular qualities and activities relating to both the spiritual and physical life of earth and its related spheres.

This signature also relates to a particular emotion and mental faculty, its energy channelled into a particular field of endeavour. Its shades of contrast portray a positive or negative application that can be applied to what is being experienced.

When each cycle runs its course you go through the gate which closes behind you. You take all you have learnt with you, its effect colouring your mind, heart and soul and influencing the colour of your next experience.

For example:

You may move onto a green path. Its experiences are different from those of the red path but what you learnt upon the red path affects the quality of green on your new path.

Throughout your life the activities of one planet will be predominant and influence the colours of your journey. You

will find you return to its activities for a short time, whenever you leave a colour.

For this short time you experience the activities of the red path on the green path, each colour influencing the outcome differently. It is as though these recurring activities signify a period of restful activity before you move to a new colour; restful meaning familiar.

You are moving into the phase of restful activity at this time, so your thoughts, plans and activities are familiar – represented by Saturn, the Professor, the Man with the Long White Beard, the arbiter of your restful activity.

Saturn is constructing a new foundation so this time is for constructive effort in a solitary and independent manner. All who belonged to the path you have travelled since you last visited Saturn's domain will renew their own journeys without your presence.

This sojourn with Saturn will be brief but influential then your journey will commence with a new colour.

You will see the completed picture at the end of your physical life. Each person is governed by a Lord. Saturn is the Lord who is a presence throughout your life, mapping the path upon which you can serve the Greater Life in the best possible way.

Sanctuary

I do not know why I am here today. I do not know what I need. All I know is that this is a beautiful place I am permitted to visit.

You are here to understand the meaning of sanctuary. Sanctuary is a place where the spirit revitalises the soul so the soul can murmur its message to the heart. All confusion then flees, not as resolved issues, but as irrelevant in this place and therefore irrelevant in your physical life when you return to it.

Ask yourself:

Are the matters that confuse so important?

They use up a lot of energy in thinking. If they are so important, why do they fall away as irrelevant when you are here in this place? Here everything that is important is faced and used as a template to adjust your physical life upon your return so that it lines up with a more spiritual philosophy of life.

Here today you can look at what is important. You can decide whether, upon your return, you will pick up what has been discarded here as irrelevant to your life or leave it behind. Pondering and thinking upon what you perceive to be confusion or an unanswerable problem is using up energy that could be used more productively.

All questions are always answered in life, but you do not know the timing for the answer. It comes when you reach the stage that gives you the greatest result from knowing the answer to what you have asked. The question, once asked, is answered in the correct season, usually through your own experience and action when your worry has dissipated. You can then follow the way that presents.

Confusion can result from a conversation. When you are not influenced by what others say you have no confusion. You are content to flow with the turning of the wheel and the changes each turn brings.

The wheel always turns. Change always comes, but do not look for either. Live today as it presents for it is what your heart wants at this time and previously you requested the way of this time. It is preparation for another time. This time is the state that leads to another state. This is the time for the construction of inner strength.

Presence

My steps are calm as I approach the building. I look forward to my time spent with those whose wisdom is so familiar and

so welcoming. What they offer is true friendship, for they give from the heart and they ask nothing in return.

They accept however I present. My heart is open but they can see clearly into my soul. What seems strange is that they see my soul more than I do. I can only pray that what I project from the soul is acceptable as goodness.

What am I to hear on this day when I am calm and peaceful?

Purity, simplicity and clarity heal.

When the soul is at peace it is healing, shedding any dross inclinations or memories. Simplicity washes over the soul, washing away unwanted components for they are no longer sought or acted upon.

A new direction is desired, the old no longer relevant. Clarity allows a new way to draw close for you have no conditions or thoughts on what should be.

Whatever you keep from the old path will be changed and modified – only parts applicable to what is on the horizon.

True healing is of the soul and brings peace, calm and knowing that all is as it should be. Without concern for what has been, is now and is ahead the soul is able to rest. In so doing it relays this message of rest to the heart and mind. This produces harmony, for reflections fade, projection is non-existent and concerns are extinguished.

Walking this new path without them and living in the moment, as you are doing now, will remain a way of life and lead to internal joy.

Why inner joy?

Inner joy because the heart, the seat of joy, is full to overflowing and its nature is becoming an acceptable norm.

How does joy manifest?

It is a peaceful expression that attracts greetings.

It is a measured step that is neither hurried nor slow.

It is a graceful demeanour that exudes accord with your surroundings.

It is a well-modulated voice that is intriguing.

It is dispassionate warmth or coolness depending upon what is required.

It is an air of independence that wants nothing from another.

It is a watchful silence that is encompassing.

It is aloneness that is not perceived as loneliness.

In your aloneness we accompany you, so you always appear to be in company, wherever you are. All these things and more shall prevail and you shall be fulfilled.

Even with all that is offered surely there will be difficulties?

What others view as difficulties, you will not. What others view as loneliness or pain, you will not. What others view as fear, you will not.

You will show that what others view as your lack, you view as your abundance, and so you are content. Others will not understand how this can be so, but wish it were so for them. In this, without a word, your presence heals and teaches, for it shows what is possible.

Hold Your Own Counsel

I am troubled and unable to relax, but still I must come to sanctuary. I need to come to sanctuary.

Be calm. You are here now and together we can look at how times of difficulty can be negotiated.

Life can be difficult. Trauma has to be faced and experienced. Sometimes it seems to push you to the limit but you can always find the strength to surmount difficulty. Support will arrive from an unexpected quarter, not the

support you hoped for, but in a form that benefits you in the long run.

There will always be one – not someone you can lean on, but someone who can walk with you during difficult times. He may not share your difficulty but your time together will be precious because it will focus on other events. Another focus puts difficulties into a different perspective. Instead of becoming overwhelming they can be seen as only a part of your life.

Always you are given an opportunity to rise like the phoenix from the ashes of any conflagration that burns around you. As the dross burns away, all that is beautiful rises because that part of your soul is cleansed. You become a little more than you were prior to the time of difficulty.

This is one way to learn to be more than your physical self, possible when you continue to look at the wider picture of life, even though it is difficult to do so.

People will always weave in and out of your space, some for a short time and others for longer. The person who is to walk with you during difficult times is not easily recognised. It takes a discerning eye that is looking outward from self to see the nature and integrity of this person.

He who can lend a friendly hand is quiet, gentle, unassuming and focused on his own direction. He would be surprised to discover that difficulty is causing you distress because his understanding of you is silent. Together you can continue your association in a way that allows the butterflies to fly, the fruit to ripen, the sun to shine and the smiles to flourish.

It is better to face difficulties alone. It is not necessary to discuss them unless it is with someone who is wise, someone who can help you better understand your situation and design passage through it.

By holding your own counsel you allow your space to be filled only with those of a wise disposition. This allows your

strength and courage to build your future so it is different from the time of difficulty.

Strength and courage bring the ability to adjust to change. Adjustment brings acceptance, even when events are not to your liking.

Peace follows acceptance because you can understand that time has its own design. The picture it paints for you is what it is to be.

Go into the picture that time has painted with joy and retain it in your heart. Know that in a small or a large way there will always be one at your side when necessary.

One walks with you now and lightens your load by being of good cheer as he brings focus to some aspect of his life that is outside the way you live.

The Warrior's Message

I approach with a feeling of disquiet for I can feel the emanating presence of a direct and exacting teacher.

You can live upon the mountains.

You can live in a cave.

You can live in a temple in seclusion.

You can withdraw from society.

What is within you enables you to do this but what enables you to do this is not socially acceptable in the times you live in now. Each society has the recluse. Where can a recluse live in the modern world when he needs the tools of society, for example: a computer?

Clear speech, certainty, emphatic knowing plus directness are a potent energy another cannot be near unless what comes through this energy is what another seeks. Use of these tools does not accommodate moderation.

The kind approach has its own dangers. The softened message softens the messenger and awakens the desire for a more tender life with its distractions.

Keep your speech for one-to-one situations when people request your words. Maintain your silence in group situations and you will not have to deal with fallout.

The two roads are incompatible. Society seeks a gentle, kind approach that justifies self-indulgence but the warrior carries a sword and says self-indulgence is not acceptable. No one wants to hear this, no matter how it is said.

The warrior can travel alone and wield his sword when necessary, or he can travel with an army of warriors and become the pawn of leaders. All paths have these two choices; walk alone or in company. What cannot be achieved is simultaneous travel upon both roads.

We have found it best for the messenger to live periods on both roads. The messenger can swing between the two roads but his heart is only fulfilled by one.

The warrior cannot live with the mundane conversation of society. Society cannot talk about how to face the dark hour when the shadow of the moon hides the sun from the heart.

The heart looks at the tools of personality and asks; What attribute can I use to achieve this purpose in this situation?

The heart then calls it forth. The attributes called for change with each situation. Learn to release each attribute when the situation passes and you will not adopt it as a permanent covering of self.

Do the best you can with what you have. Be the warrior. Be the messenger. When kindness is called for, apply it. When direct harshness is called for, apply it. When your degree of either is not perfect do not berate yourself. Do your best. There is no failure in life, just constant choices to be made on the Path of Small Choices that have big impact.

Directive

We have given you the family you can leave.

We have given you the friends you can leave.

You now walk alone and will continue to do so but we speak to you through another and always will. We send you companionship and always will, but your foundation is yourself and what you know. You do know much but you cannot speak of it, so we pen the words. When you speak of what you know you project certainty and certainty is not welcomed by the searching minds or the lonely hearts. Your face and your words are a mirror in which they can see themselves. Certainty mirrors their lack and sense of inadequacy.

Your certainty is reflected in your house and the way you live in it so your house is a place of healing. You accept our words and are willing to live them. Others cannot, so you are learning to be silent.

You do not need to be this way but you will come to live this way because the strength of your certainty leads you to be in the world, but not of it. Your intentions are pure so you relate to the purity of simplicity and cannot abide what is not. Only the pure heart recognises this.

You are withdrawing from the world now yet we send our message through you to the world, your aloneness and severity allowing pure reception.

Let your family go with love. Let your friends go with love. We shall still you a wine and when you taste it heaven shall be in your heart. All people shall become your friends, but none shall be special. All people shall become your family, but none shall belong to you. As you sip this new wine and your heart empties we shall enter the space a strong presence within you for evermore.

We shall enter your blood and be one with you. You shall know aloneness and you shall know peace. You shall know love and you shall achieve.

You shall write more, and as our messenger you shall awaken the people of Earth. In due season your books shall

travel the world and inspire others to find their independence and strength, for you shall write about how to live them.

You shall show independence and strength that are not a reflection of quiet compliance with an agreeable manner, but a stance that has one foot in each world, happy to be in either, yet needing neither to support the stance or demeanour.

Impervious to the presence of good and evil, anger and gentleness, kindness and cruelty, you shall continue as the person you are – loving all, yet none in particular knowing all, yet none in particular being loved by all, but none in particular and known by none.

You shall come and you shall go and no one shall know you for you shall stand in the shadows and hide your light, yet you shall illumine our message.

Be unconcerned by the reactions of others. Let your knowing and certainty be strong and direct, apparent in your words, for they shall be carried by love radiating from within.

Continue to speak as you do for we cannot come on a gentle note. The gentle love of the Age of Pisces is being replaced by the knowing certainty of the Age of Aquarius, and it is direct. You have been told by a wise man that love is not enough. We tell you now that love has to translate into the way you live the message you receive and impart. Before you deliver the message, you must live it. Should we gentle the spoken word, the impact of the message is lost. Gentleness can only be ascertained in the printed word.

When you look down through history all important messages were delivered in trance so the words could thunder from the mountaintops and reach the ears of those who tried to block them out. With a strong and direct demeanour you are able to deliver without trance, yet not gentle the words that would lessen the impact.

All people want to be liked but the message is the arrow. To reach its destination it pierces all outer protective layers. There is nothing gentle about the arrow. It is delivered at speed

so it is direct and piercing. You have been given a personality that can do this work unhindered by the possibility of being disliked because of the delivery.

Write throughout your remaining years and do so from the sanctuary of your home – your Sanctuary of Spirit and Man. We shall fill your home and this shall be felt by those who come. Their protection shall fall from them for it shall not be needed in this place. For a moment in time they shall be free, but not many will come.

Continue to trust in your strength for it is years in the making. Trust in your direct speech but most of all trust in the message.

From this time only those who wish to hear our message shall speak to you. All others shall flee. You are inured from this for you have experienced it for a long time. Now it is more apparent.

We are the people of your life, even though this is a strange state because you are on Earth and we are not.

Why are the people of my life not upon Earth?

I cannot be an island.

This is true, but when you look back to the times in your life when you built your life with people, you still left them behind because it wasn't enough. You had that special person in your life who fulfilled much of you, but in that time, as well as in the times when your life was filled with people, you could not bring our message to the world.

You have had it all, just not at the same time and not for a long period of time. Your direction is constantly changing. As a result, so is your horizon.

Where is your horizon now? Who is on this horizon?

You are free to reach for more, and in doing so join with the universe that accommodates all your spiritual family. This wider family stretches across your present horizon. Have no more troubled thoughts. They originate from the reactions of

others for you do not fit the profile of what they are used to. You are a harbinger of a new and direct approach. Continue to sow your seeds of certainty, independence, directness and compassion. Compassion comes last because it is reached through the avenues of certainty, independence and directness otherwise only pity shows its face. Pity is not welcome for it is carried by dependence.

The spirit of man is an independent spirit. Man has been given a mandate of independence so he may reach a fully conscious awareness of the universes of life. Show the way. Paint the direction and we shall shut the door behind those who step onto this path so there is no going back.

The journey of humanity is one of a long association with physical life. Over the years man has been shown many ways to live in an enlightened way. Let us together show man now how to live with his eyes open, his ears alert and his direction focused, knowing about his greater destination that lies beyond physical life. Better that he reaches it alert, awake and prepared, than half asleep and unprepared.

We shall continue to work together for the rest of your life. This time has been set aside for our shared tasks. You have achieved your Earthly goals so now is our time. We shall fill your life with purpose and blend with you. You shall meet strength in another one more time, to help you finalise this purpose.

Blessings

My time in this sanctuary has come to an end and I may never return. I am not sorrowful, only aware that the child must become an adult, and as an adult practise the ways of independence; its practice implying that it has to be achieved first in spiritual worlds.

The storm is over. You have come to shelter. No more will you be what you do not want to be. No more will you say what you do not want to say. All now comes from the heart so

reactions to what comes to you have now ceased. Doubts are no more.

You have no personal life because you stand free, unencumbered and independent. The last of your insecurities have been dismantled and now you can array yourself in the garb of that region to which you respond. Blue is your mantle and oyster is your garb.

The sword of truth hangs at your side, at times replaced with the rod of truth that has a gentler delivery. The stars that shine on you herald the arrival of the Magus and the Falcon Eagle. For now they shall rule for you.

Strength and courage are in abundance and you shall speak and do as you must. With a light footstep you depart our sanctuary and we welcome what you have brought and left for our arrivals from time.

You are safe. Protection is assured and no more shall the voice of the Prophets of Doom darken your threshold.

Take our sanctuary with you in your heart. All that we are and all we share travels with you and imbues the walls of your home. In your aloneness you shall not know loneliness, for your heart is full; overflowing with the words you send across the airways of the world.

Lemuria shall be once more for you as you inaugurate its vibration. The City of Flowers shall be once more for you as you inaugurate the desire of man for this. The Courtyards of Learning and the Mountains of Prayer shall be once more, for you are laying their foundation. No matter when and where, this shall be and so shall great joy. This is our gift to you – great joy.

Without words your demeanour shall attract what and whom you need and repulse all else. No more shall others take your energy and seek to take what you have, for the distance between shall be too great for them to cross the threshold to who you are.

The future of your family is assured according to the direction of each. They shall flourish according to the desire of their hearts, reaping the result of what they sow. Join with us in safety, joy and common purpose as your words travel the airways in the same manner as our words reach you.

Great love and blessings are our gifts to each other and in this we are privileged.

Part Three: Constructing the Edifice

Keystone

Introduction

Humanity has a Spiritual Legacy that is his heritage from a distant past. Life advances through the process of change. At each point of change a Spiritual Legacy is left for those who are to follow.

Once the existence of the Spiritual Legacy is acknowledged it can be accessed by the Seeker of Truth whose heart cannot view life as solely physical; whose heart knows that he has a spiritual nature that is beyond physical thoughts and finer than an ethereal perception. It becomes his goal to gain access to what this Spiritual Legacy offers so its extra-ordinary ways and their application to physical life can be utilised.

In masonry the centre stone is the keystone at the apex of an arch or vault. It is a wedged shaped stone that locks the whole structure together to allow weight bearing. Without the keystone, the arch or vault collapses.

Just as there is the keystone to an arch or a vault in masonry that enables the arch or vault to utilise the strength of its construction, there is a keystone to the Spiritual Philosophy of the Greater Life that enables the strength of its components to be applied in all the mansions of life throughout infinite and finite worlds.

Reflection is the keystone of the Spiritual Philosophy of the Greater Life. Man can understand the spiritual philosophy that is his Spiritual Legacy because it is adapted to physical life through the process of reflection.

Reflection uses each stage in the process of creation to bring aspects of the wisdom of the Spiritual Philosophy of the Greater Life to man. This constructs his Spiritual Legacy.

Reflection

In *CentreStone* philosophy upon Earth is a reflection of the Spiritual Philosophy of the Greater Life. The keystone that enables the Spiritual Philosophy of the Greater Life to be applied to physical life is the process of *Reflection*.

Reflection adapts the purity of the Spiritual Philosophy of the Greater Life through the process of differentiation. This process produces a part, not the whole; a part that can be understood and accepted at that time. Man is then able to manifest its greatness as the Living Word.

In physical life, knowledge of what lies beyond the grave is limited because the physical mind is a barrier. In etheric life, knowledge of life is wider but what is known of spiritual worlds is limited by etheric perceptions. In spiritual life knowledge is wide and accommodating. Memory is restored and the meaning of immortal and eternal can be fully comprehended.

The process of *Reflection* enables the fine vibration of the Spiritual Philosophy of the Greater Life to be reflected to all humanity – even to the densest physical vibration. As people change and grow through their desire to do so, so do the understandings their hearts can accept.

The process of *Reflection* stimulates desires and wishes that are clarified in the mind as goals. They all originate in the Greater Life; yet have a place upon Earth. None are good or evil – each merely an interpretation or misinterpretation of what is natural.

For example:

Man has always sought treasure. The spirit of man continually seeks the spiritual treasures that the mansions of life offer – progress, expansion and Divine joy.

These spiritual treasures are natural to the spirit and manifest as his goals in service for the greater good.

Upon Earth man naturally continues to seek treasure but, forgetting the origin of his desire, he focuses his efforts on

gaining the treasures of the Earth. Never satisfied with what he acquires he continues to put his energy into acquiring more, even though he cannot keep what he accumulates when he leaves physical life – as leave he will.

The philosophy of achievement through effort is reflected upon Earth as a philosophy of acquisition wrapped in a philosophy of boundaries that prescribe finite life.

The spirit of man has freedom of travel for it is bound by neither time nor space. It can arrive in an instant at the destination it desires as part of its work for the greater good.

Upon Earth, bound by the barriers of finite life, man tries to apply the freedom he senses in his spirit to flying in machines through air and space.

At its source the desire to achieve and gain is a pure goal that contributes to the greater good. The *Reflection* of this goal upon Earth can change – must change – will change, from the goal of acquisition of physical possessions to the goal of acquisition of spiritual qualities. This is part of man's Great Work of purification of himself and his environment.

Janus

In Roman mythology Janus is a composite god associated with doorways, beginnings and transitions. Traditionally Janus is the god of two faces; one face looking ahead to the future and one looking back to the past; one face a youth and one an old man.

Man has knowledge of good and evil. He can look back to the past or he can focus on the future. He can create or destroy. He can help or hinder.

The keystone that is *Reflection* is viewed then applied to physical life through the *Signature of Opposites* – the two faces of Janus. He signifies two sides to every coin in life – a positive approach and a negative approach.

The structure of our experiences is built through the *Signature of Opposites* to give us a wide and comprehensive

understanding. We need the larger picture to test our commitment to an approach in life. Better to act with full understanding given by both the positive and negative approach to all experiences than flee from one approach through fear of outcomes.

By experiencing both approaches fully we come to understand how to transpose dark into light so another veil can be removed from our souls.

What does the Signature of Opposites mean?

In physical life everything is dual. Within each human being there are two ways to view everything because man is simultaneously spiritual and physical, negative and positive. The *Signature of Opposites* clarifies man's ability to choose between two ways of thinking and acting.

For example:

Each time you read a teaching you do so from either a positive or negative frame of mind and the understanding you receive adjusts accordingly. How you understand what you read is affected by your mental processes and emotions in that moment.

Janus indicates that in everything said and done, choice is both available and made, whether people are aware of this or not. Actions automatically follow choices made in thoughts, and so an individual life is mapped daily.

This is how the edifice of a life is constructed. It is done so through freedom of choice – used every day but often without conscious awareness.

The edifice of a life can be beautiful when it is constructed with care. Viewed in this light, no life is right or wrong – just a picture fashioned with a predominance of either light or shadow.

Let us come out of the shadows and construct a picture we can be proud of. We can do this when we are aware that every minute we are making choices.

I quote from the Forward in ColdLight;

Sometimes we learn from the positive approach and sometimes we learn from the negative approach. Neither is right nor wrong, for even though they seem opposite, they are the same – constantly transposing, one into the other – light into dark and dark into light.

In all action there is a reaction, made apparent through the *Signature of Opposites*. Janus presents both.

Whether we are using a positive or a negative approach in an experience, at some stage we will experience the opposite approach in the same experience.

This is how we learn. This is how we can understand other people. This is how we can walk in another's shoes.

Keys

Introduction

We need structure for our understanding. We need words and pictures that can carry the vibration of our *Spiritual Legacy* that remains within us, yet beyond our reach until we recover the keys that open the doors to its knowledge.

Always the Wisdom of the Ages that teaches of our Spiritual Legacy has been protected from profane eyes. The Seeker of Truth has to earn the right to access these treasure houses that hold the spirit's imprints of its goodness and love. Humanity wants and needs to find these keys.

Keys that unlock the Spiritual Legacy of man are:

- ❖ *Memory* – producing recognition.
- ❖ *Free Will* – producing choice through *Knowledge of Good and Evil*.
- ❖ *Law of Attraction* – presenting an increase of what already exists within the individual.
- ❖ *Diamond* – expanding upon an existing foundation of knowledge by presenting different angles.

Where are the doors that need keys?

The doors lie within – between the heart and the soul. As the doors are opened with the keys that have been earned they connect to the spirit through the mind via the Corridors of Learning.

The spiritual family of man achieves its destiny as a whole – a destiny that lies with the One God. The path it treads promotes change and builds society and culture along the way. When people find the *Keys* that unlock the doors to truth within, they hold out a hand to help others. As a result society changes and a more progressive civilization emerges.

The spiritual qualities of people advance civilization. As their souls purify the sensual nature of physical life retreats in importance.

Throughout all Ages of Man spiritual wisdom has always been available upon Earth – kept safe by enlightened custodians in the most spiritually advanced culture of the time.

Spiritual wisdom reveals the oneness of physical life and the oneness of man's spirit in physical life. This oneness shows in physical life in the correspondences between the universe, the Earth, man and the tiny cell. It also presents the path of man's inner ascent to enlightenment and unity with the One God. Wisdom is man's Spiritual Legacy. It lies within all people but it is inaccessible to the ignorant and the profane.

Prophets, gurus and masters, located in spiritually enlightened Eastern cultures, have been custodians of its knowledge for thousands of years. They have preserved its purity for the time when all that has been hidden can come to light.

Judaist spirituality in the Age of Pisces provided the strongest spiritual lineage for Jesus to achieve his ministry. His teachings were destined to become global through the Western Civilization so the expansion of the Judaist and Roman cultures created the opportunities for his teachings to reach the common people all over the world.

Coming from a historically, monotheistic religion, Jesus taught that all people were one in the eyes of the Divine and he travelled East and West to teach this precept. Later his teachings, although originating and preserved in the East, travelled to the West and adapted to its culture. They then circled back to the East in later times when the West encountered oriental cultures along the Silk Road.

Prophets, saints, gurus and spiritual masters preserved spiritual wisdom in oriental cultures in its purity. Through its missionary nature Western Christianity sought to bring all under its authority. Eventually the English colonial system of government opened the door to the influence of original,

oriental, spiritual teachings that merge easily with the spiritual teachings of Jesus when the purity of all is preserved.

This merge is changing modern Western Civilization – taking modern man down a pathway of learning that shows him that, eternally spiritual by nature, he is physical for only a short time. This merge inspires modern man, because there are many Seekers of Truth crying out for Spiritual Wisdom. For a short time Wisdom is raising her head – becoming accessible to the common people whose hearts are seeking the purity of her path.

This merged wisdom is helping unite eastern and western cultures. It is providing a foundation to modern man's quest for unity with the One God. Once protected by the few, the wisdom of oriental and occidental prophets, gurus, saints and priests of the Age of Pisces is becoming available to the common people.

The Seeker of Truth is an individual who has travelled out of ignorance to become a Seeker of Truth. He can find and grow aspects of spiritual wisdom when they correspond to the seeds of truth already sprouting within him.

The Seeker of Truth is not bound by beliefs. His task is to find the pure and remove the dross in all teachings. He is taking a step onto another well laid spiritual path, so in this Age he can find truth in both East and West. This allows him to apply the mystical devotion of the East to the Western technological, materialistic way of life.

Historically speaking the Seeker of Truth and Enlightenment has always needed a Spiritual Master, Guru or priest to guide his footsteps. Although they can still be found by the yearning heart, the way forward can be travelled alone, but even this way has to be earned through effort that must be guided by intuition.

In every Age man has always needed a prophet to remind him of his spiritual journey and how to apply its precepts to physical life. In this Age the common man does not need a new

prophet. Because of widespread education and technology, everything this Age offers is available to the common people of all races and creeds. All can access the Wisdom of the Ages from past prophets, discern the truth within each then build upon them with their inner Spiritual Legacy.

The Age of Aquarius is the sign of the son of man who can emerge, having embraced unity with the One God but this can only happen when material man surrenders his separatist ego.

The keys to our spiritual legacy are within all people waiting to be rediscovered.

The individual has to search within to find these keys that can unlock the doors to his spiritual awakening.

Memory

We can only ask for what we know and recognise. The key to recognition is *Memory*. We recognise experiences because we have had them or are having them. We can ask for what we need to construct a life that is greater than what we have in a given moment but we have to know what to ask for.

Memory is complex. There is short-term memory and long-term memory of this one physical life and recall is not constant through the years. When people view themselves as the centre of the universe rather than a small part of something bigger, they usually only remember what affects them personally. Their memory is affected by personality, emotions and needs so it is unreliable.

Within the soul there is memory of the remote past but it is not activated through the physical mind. Knowledge of the distant past is lost to memory because recall has a time limit. A valuable key to progress, recall can be earned and gained.

Recall of an ancient memory can be triggered by an experience, a smell or a sound that seems to come from a perception outside self. When this happens, for a moment in time physical life retreats and there is a flash of merging with

something greater. It illuminates, loves, understands and accepts. It is part of you, but not the 'you' of today.

Utilised with other keys to the philosophy of life this type of memory can open doors to even more remote memories that belong to the soul. When this happens these memories influence the soul's direction.

Free Will

Free will is the key to *freedom*. It travels hand in hand with freedom and together they forge *responsibility*. Not all people are able to exercise their *free will* because their physical freedom is limited. They are not responsible for the outcomes of their limitations but they remain responsible for the outcome of their thoughts and words.

Knowledge of Good and Evil

Upon Earth both good and evil are apparent. Knowledge of Good and Evil is innate within man and provides the key to his choice of thought and action. Deep in his heart man knows when he is doing right or wrong even when his mind says he can do whatever he wants. To know the difference between good and evil is a privilege because this knowledge brings with it the free will to choose which course to take.

Are we going to recreate ourselves as something more than what we are now or are we going to travel a path of emotion that destroys?

As above so below.

When we choose a path of self-control we promote good thinking that results in good actions. We are recreating ourselves, taking the first step to recreating our society. By promoting all that is good and beautiful in the human being we are promoting an advancing civilization.

Diamond

Truth expands like the universe – presenting its many faces as does the diamond.

In relationship to the expansion of our minds and hearts we can recognise and absorb truth. We are only limited by how we apply our vision. Do we have tunnel vision according to a fixed belief or is our vision as wide as our horizon? Are our eyes raised to the heavens so they can meet all that approaches or are they cast down to the limiting Earth, viewing only what is easily recognisable?

The diamond has a fire within that is reflected on its many surfaces. We have a fire within that is our life and it too can reflect through every part of us.

Truth is the light radiating from the fire of life and it reflects through all surfaces. Light travels unseen until it reflects on the object of its destination. The light of truth does the same. It shines so brightly nothing can impede its arrival.

Edifice

Introduction

CentreStone is concerned with the translation of philosophies of life from spiritual worlds to the human spirit living upon Earth today.

The creative principle applied its will to manifest pure and sublime life in a pure and sublime habitat. When that perfection of life looked into the distance with a view to moving further afield, the new habitat was like a step away from the original, still sublime, but not perfect. Continue this movement further afield in steps towards new worlds. Each step is a reflection of the previous step. Each step differentiates to accommodate change and so the sublime perfection decreases. Between the source of pure creation and Earth, who knows how many steps, how many habitats, how many worlds are travelled?

The glyph of the sign of Aquarius is an ancient symbol for water. Its lines represent the oceans of space. These lines can travel to a point beyond which you cannot see or imagine and so are a symbol of infinity. Aquarius is an air sign but air is filled with water as can be felt on a humid day. Space is therefore referred to as an ocean – the fluid within which life is created. Worlds and universes travel through this ocean carrying the human spirit with them.

Upon Earth new life floats in fluid within the womb. In the cells of the human body fluid called cytoplasm is contained by a membrane. Within the nucleus of the cell the components of DNA float in fluid called nucleoplasm. Placed on the lines of DNA are circles of the many parts of life. Symbolically each circle on the line of DNA can be viewed as a world.

Man perceives infinity in the skies above, within his mind and within his body. He does this instinctively because his physical life is a reflection of his spiritual life that moves through infinite worlds of life. *As above so below*. When man

looks within his mind he can see and travel through worlds as though he is travelling through space. He does this in visions, dreams, meditations, daydreams and out of body and near-death experiences.

The process of Reflection is present wherever spirit takes up residence so the centre stone or keystone of this book is *Reflection* reflected in the title *CentreStone*. In Laying the Foundation the mythology of creation is presented. In Constructing the Edifice philosophy is presented through Janus. In Raising the Roof the past, present and future are brought together.

Foundation Stones

There are foundation stones in the construction of a philosophy of life. *Love* is the greatest of them all. Upon Earth love is a reflection of its pure spiritual nature so it is difficult to uncover. Constantly travelling through a moving, fluidic ocean, as all life travels, love can be received and transmitted but is difficult to attain in its purity, yet purity of love is the goal.

A foundation stone is *courage*. People have different reasons for being on Earth but physical life is difficult for all. It takes courage to live upon Earth. People face personal catastrophes and the tragedies of other people. They face uncertainties and inconsistencies that cannot always be changed in a moment.

For some there can only be acceptance of their way of life. Their inner life may be the only place of freedom of expression, for it can create a wider vision that helps paint the world a different colour.

When courage is needed, it appears, as though inborn, waiting to surface when required. View courage on another step of the ladder – the etheric field. What courage entails there is wider than upon Earth. What is seen, faced and dealt

with is vaster in etheric worlds where it takes great courage to face who one really is.

The definition of courage upon each rung of the ladder as it goes up becomes wider, lighter and more encompassing of life everywhere. Going down the ladder it becomes more focused – upon Earth usually on one person, one event or one situation at a time.

A foundation stone is *choice*. In every moment choices are made about what to think, what to see, what to hear, what to touch, what to smell, what to taste, what words to say and what activities to initiate. These choices are made as an adaptation to the environment man finds himself in and they create a pattern of life from birth to death. Whether choices are made for the individual or by the individual, they are made, and life is reflected from them.

Man has been given dominion over the Earth and this constructs his outer life even while he has an inner life that is the abode of his spiritual nature. This dichotomy creates conflict within man – conflict between his outer physical life and his inner spiritual life. His inner life can reflect his outer life or it can reflect the philosophy of spiritual habitats. This creates the need to make choices. How choices are made depends upon how man develops his inner life.

Should his outer life be more important to him, Earth becomes more important – the habitat of his choice; the place he wishes to linger upon – the place he wishes to return to, either physically or etherically.

When he desires Earth to be the place he belongs to, he calls it home. But Earth is a finite world. It has limitations. No matter how much it is loved and desired as home, eventually man's inner life responds to a greater calling and his view of Earth life as home has to adjust to a wider perspective on life.

When man only wants Earth to be his home, after he leaves he continues to live its life on its etheric counterpart where life is a reflection of life upon Earth. There are a wider range of

consequences in etheric worlds than what is apparent upon Earth. There, man is neither in spiritual worlds nor the physical world and life is as temporary as life upon Earth. Both are places of adjustment before a new direction is chosen – and chosen it is.

It is the inner environment that determines the path the spirit of man takes when it leaves physical life.

Memories Illumine

Life creates memories. Your mind chooses what to remember in this life but your heart recalls memories of experiences from the distant past that are locked in the soul – lived who knows where and when. Such memories can become available for recall when truth is invoked and they are spiritually relevant to your present purpose.

Free will allows you to live how you choose, think what you choose, remember what you choose and transpose what you want from what you know and remember so it becomes the blueprint of the life you wish to live at this moment in time. You have the free will but for some choices free will has to be invoked.

For example:

As you age the two faces of memory become more distinct. Long-term memory remains strong and active because it is the first step in recall of life in the beyond – life that reaches further back into infinity to present an existing and known, but forgotten, foundation of familiarity.

Short-term memory recall diminishes because it belongs to the immediate present in a physical life that is retreating. The horizon that reaches forward into infinity is approaching. A new way forward is presenting.

Let us look at the basic make-up of life's form – the cell. It has a firm but elastic exterior that is strong and mobile – able

to move and adapt to a changing environment. This firm membrane encircles a soft centre that is fluidic in nature and contains the blueprint of life's possibilities. An analogy would be a soft-centred chocolate, firm to the bite but filled with precious fluid within. The firm exterior allows it to maintain its integrity but adapt to a changing world.

Society is constructed in the same way. People interested only in the outside life relate to their strong, firm exterior. When they are around people they create an explosion of sound that says, *I am here*. Their steps are heavy. They talk loudly. When they read, they rattle their paper, its travelling vibration saying – *please acknowledge my presence so I know I exist*.

Noise is their constant companion and silence is averted. They are avoiding their soft centre inside with its silent peace that belongs to their real selves.

This inner silence is like the epicentre of a hurricane. When you fly through the raging sound of a violent storm you reach the epicentre where there is no movement – only silence and peace. To return to normal life from the eye of the hurricane, the storm is once again traversed with all its violence and reverberation of sound.

The outer physical life uses noise as an acknowledgement of existence. The silent interior needs no confirmation. It knows it is alive for it has access to the memories of all its experiences. Of these the strongest are more easily recalled. Those from further back or of a different realm are more difficult to recall.

How are memories for recall chosen and how are they recalled?

Memories are chosen for their contribution to building the person you wish to be at this time. When you wish to change, memories associated with the nature of the change are accessed. This belongs to the workings of the Law of Attraction.

You have corresponding experiences within. They may only be as small as a seed but their presence can be recalled through the desire of your heart to attract a certain direction of change. The place where these appropriate memories are stored is familiar to you, so they are accessible. One of these places is your soul. When your mind is the servant of your spirit it can respond to the tasks asked of it.

For recall of memories the pattern of construction of memories is reversed. Within the chosen grid of patterns constructed from one to twelve, number one is transposed into a completely new pattern by the time number twelve is reached.

With recall, you work backwards from number twelve to number one to earlier memories until you access those you wish to use as an instruction for change in your life. When you choose a grid of patterns that consists of spiritual memories they are what will inspire you to live in a more spiritually aware manner.

When original spiritual memories in a grid of patterns are no longer required, they wing their way back to their natural habitat, only able to be invoked with your retraced steps to this spiritual vibration. Just as memories can be made, recalled and transposed, so too can every part of that great mystery called life.

The cells of the human body can harbour different realities that, one by one, can purify and etherealise when given the necessary material and environment. This, as a creative human being, you can provide. This is how you can once again become the more ethereal human being you once were.

People are sensitive in different ways. Those who live only through their outer physical reality accept what it entails and try to make it work for them. Those whose focus in life is their inner reality are sensitive to the environment of the outer world. They work to change it so it can be compatible with their inner life. They take care of what food they eat. They try to live

where the air is more pure. They monitor their thoughts, communications and emotions and they seek to be either with compatible people or alone.

When a cell begins the process of purification and etherealisation, it contributes its energy to the inner life that can comprehend spiritual worlds. The body begins the road to translucence and physical life is viewed as part of a greater reality. Happiness floods the body as more cells respond to its call – producing what is asked of them, drawing in what is needed and expelling what is waste. What is no longer required is transposed into something that can be used in the environment being created within. As a created home for the spirit, the cells of the body have intelligence and when they have the materials they need they are able to work for the spirit when asked to do so.

Memories can become redundant or remain inspirational – continuing to contribute to the chosen life as a foundation for greater possibilities. The power of creation within each person begins with self. As the dross is made redundant a new man can be formed – able to carry more of the light of the spirit that illumines a better way to live with health, love and happiness. The *son of man* can then be transformed.

Prophecy

All that happens in the universe is not haphazard. Everything is according to plan. The universe manifests the movement of life. Its timespans are reflected in the movement of the solar system and the Earth.

When people come to Earth they choose a time when available knowledge encapsulates their interests and produces a setting that provides the experiences they need for this knowledge to become the Living Word.

The sagacious can comprehend the wider picture of life when they are not on Earth, but they have to remember that

everyone has a more limited understanding and availability of knowledge when they come to physical life.

Acceptance that this is the situation encourages the soul to be mindful and choose its time, place, character and personality wisely. They are the tools of physical life and they carry their own risks. They can facilitate progress, but they can also inhibit it.

Although the picture of the Greater Life is extensive when the soul is in the Greater Beyond, this picture shrinks when it comes to Earth. Whatever is learnt during physical life is a small amount compared to what is known in the Greater Life.

What is learnt upon Earth may seem important but is so only because of the effort involved in the learning. Knowledge, like love, cannot be contained or owned. It easily slips away, so the effort indicates a commitment to truth. This alone contributes to progress.

Let simplicity and purity become the stars in your eyes and direct your journey. Your effort does not need to be seen by others as important or knowledgeable.

Simplicity and purity journey quietly, even while comprehending what is happening in the physical world.

In each period of time airways open and aspects of knowledge become available to people upon Earth. What is presented is for a predestined length of time – three weeks, a generation or hundreds of years.

The extent of available knowledge in any given timeframe and the type of experiences it engenders can only be ascertained when the airway opens. Its knowledge is for all but as only a first step is apparent, access is dependent upon the individual's ability to see the door that opens to its reservoir.

A formal education trains the mind to think in a certain way and use a wider vocabulary. What is learnt becomes a foundation of knowledge but in the quest for inspiration from

a reservoir of available knowledge, this foundation of learning is only a tool.

The general picture of society in the Age of Aquarius is technological. It is an age when people can become more isolated than in other Ages. They are not always part of a group; neither one that deifies physical life nor one that searches beyond physical life for further meaning.

There is a technological reservoir of learning available for an extended timeframe because the modern medium of inspiration has an interest in science and technology. What was once seen as psychic becomes a science that all may grasp.

In each airway the wide picture arrives first. This is followed by the options of several directions of development – each direction leading to a different result with a different use. Lastly, details emerge – their specifics relating to the question asked that influenced the direction sought.

A common flaw in man's inspirational learning is his tendency to hypothesise and theorise. As generations move on, those who follow sometimes treat the hypothesis and theory as fact and become locked into that perception. They lose the upward gaze that seeks further choice of direction with new possibilities that produce different outcomes. They have developed tunnel vision which always inhibits progress.

The universe is a wide and untapped source of knowledge. Learning that may start in one direction, initiated by a particular airway, may expand in a different direction through another airway. People have it all at their fingertips, but they must know of and reach for what is offered through the desire of their hearts.

Down through the ages man has ever deified his physical surroundings. In mythology and history the various natures of the gods, even belief in only one god, reflect physical surroundings. Deification may represent the planets in the sky, the ecliptic path of the sun, the universe available to

human sight or the seasons of the changing nature of the Earth's character.

In the Age of Aquarius there is danger of the deification of knowledge and learning. Some part of the One God is within every cell of the physical body, giving to life so it may carry people through the physical experience. Light and dark create a philosophy that becomes more expansive to include good and evil. Characteristics reflect people, nature and the heavens that swing by with a changing vista.

People look outwards and upwards to a being who may provide a reason for why life is as it is. This can lead to the mystification and deification of natural, physical life.

This philosophy conjoins with daily life to produce an organised society that comes under the rule of a leader who can negotiate the way for the people so they may live safely in their time. Beliefs mirror both physical life and the heart's desire for a destiny beyond physical life.

Down through the ages there have been few prophets, although many have declared themselves so and portrayed themselves so. In modern times prophecies are still proclaimed, yet with the passing of time they remain unfulfilled.

When prophecy is analysed it usually has its foundation in a particular reservoir of knowledge that has already become available to the people. When what is prophesied is built upon a foundation that is already acknowledged by a few, but not yet by the majority, it is not prophecy.

Prophecy can only be knowledge from an airway that is about to open. Spoken by a true prophet, ahead of its time of arrival, what is proclaimed makes little sense to the people. Because so few can acknowledge the worth of such a word, much of the initial message inspires people to change their ways and prepare for what is to become universally accepted in a future time.

True prophecy focuses upon the progress of all people. It delivers the same message, but each time it differentiates – adjusts to the times in which it is delivered.

Love one another. Honour one another. Help one another. Do no harm to another. Share with those who pass you by. Smile at yourself in the world. Live fully the life you have.

Control the mind, expand the heart and embrace learning. Experience fully the physical activity of life. Allow the soul to find peace in its expression of the spiritual life within that drives it through life, as it does every cell of the physical body.

Merging Life

I am the air you breathe and the warmth of the sun on your skin. I am the rain and the wind that caresses you and keeps you refreshed. As you look towards the stars in the sky, the clouds roll by to herald my arrival. I am everywhere and I am everything, as are you.

A part of me comes to Earth and I call it you. A part of me goes to every place where there is life. You give it a name for its moment in time but it shall not remain. Like you, it shall pass along the way, converging with all, while remaining within my embrace.

The love that is me touches you in another form – the wind – a person. I come and I go but I leave my footprints so you may follow my way. I am the guidance you receive that lights where you live for a time. I am beneath veils covering those who have been where you are now. Part of them remains in the outer reaches of time, as do your footprints that show others the way you have followed.

You hear my song of life in the world you are in for I sing it in the key you can hear – each note harmonising with the avenue of life through which you pass – available for you to adopt. All life in the world where you live is life I provide for your appraisal.

As you leave, you shall blaze a trail to a new abode where you shall hear a song that reveals more of me. Your cloak shall be lighter. As it touches another, the blending shall reveal the profoundness of the song I sing for you. I am giving you a taste of your next place so you shall not be afraid when the tight embrace of the cloak you wear now falls from you.

My song teaches you to communicate with love as you convey my words. It teaches you to hear the thoughts of those who speak to the goodness in your soul. It teaches you to recognise from afar the approach of one who calls your name in your key so he can approach. Through all you think, say and do now, my song teaches you.

Already you can hum the next song that belongs to a new abode for it is now within you. Its gossamer threads are spinning with the beat of your heart, the worth of your love and the light of your good intent, the cloak that shall carry you on your journey in the Greater Beyond.

You are on Earth but part of you continues in another place, preparing for yet another place that is your next appointment with life. Your unspoken communication to these aspects of yourself is the beginning stage of a new and greater connection with what shall be a natural communication in your next abode.

All you do through the inner planes, although difficult to grasp and hard to achieve, are important undertakings. They are the steps to a new beginning. Comprehend and meld with the edges of greater insights and your heart and mind will not know fixed perceptions. Without a description, accept that greater insights exist for you beyond the stars.

Reach with endeavour to grasp what is building a staircase for you to ascend. Build, with the love you have known, know now and will know. The embrace of your life that is you is because of the love you have known, know now and will ever know. It lives simultaneously and eternally in other places, even as it is part of you upon Earth.

Know this to be so. While here now, as you, the love in your heart is in other places, part of the wider embrace of love.

Your reach is wide. Your reach is deep. Your reach is high. Knowing you are part of a greater expanse, embrace its vastness and reach out to more of the Greater Life. What is without is also within and your life consists of both.

Character and Personality

Let us look at character and personality – two faces of the one coin. They reflect dependence and independence.

There is the big picture of life and there is the life of small ways. Man cannot see the big picture in life, yet he focuses his energy on the big goal, the big decision, the big change and the big move. He lives according to this construct even though life is mainly a road of small changes, small hopes and small dreams that constitute the day-to-day events characterising how he lives from moment to moment.

The individual is born with certain qualities that are natural expression of his inner nature, e.g. gentleness.

Character is made up of qualities of goodness. These qualities lie within – some near the surface. They drive the person to live the life he has been born to live.

Character is the integrity of the soul and the heart. Character makes it possible to develop to a stage where the steps needed for progress and evolution can present for recognition.

For example:

In times of an emergency an individual does not know how he will react until the moment arrives. He finds out whether he is able to put himself at risk to help another or whether he is unable to do so. Action portrays character. Emergency situations can reveal character. It does not matter whether a person rescues someone from a fire with a pleasant

personality or whether his manner is brusque, commanding or harsh. Character wants to do a particular action. Personality has a distinctive manner.

I thunder from the mountaintop and my command reverberates over long distances. Those who are frightened cover their ears and try to block out the sound. Those who recognise that there is no danger in what they are hearing listen to what the sound is bringing. This is how my message is delivered. Only those who have courage can hear what they need to hear and so promote greater courage within themselves. My way is not the way of gentle pleading, understanding or cajoling. My way is that of the tempter. Prove your worth and I will deliver my message.

You may ask, *How can I prove my worth?*

I will place all things in your way – all that is pleasant – all you desire from deep within your heart. I will then find out whether you choose this path of ease or whether you continue your chosen journey that you find hard to resist even though you know it to be thorny and difficult. Prove yourself to me and my message will thunder from the mountaintop to you. I will present it in this way so you cannot help but hear it.

You want purpose? Find your purpose and live it. Do not wait for it to come easily to you. Do not complain when life becomes difficult. Do not look for those of the world to bring you what you need. Only your heart can do this and I only speak to your heart.

Take the reins of your horse. Mount. Kick him into action and ride at full speed whenever possible. Only slow when your mount needs to rest or the terrain requires careful navigation.

Speak only when you have something important to say. For the rest of the time learn the message of silence.

Intuition and Intellect

Life is a strange mix of the many things we want to do. We are pulled in different directions by the demands of our own minds and other people. We want to do everything but have difficulty in making the best choice. We do not always realise that we do not have to choose. We only need to know the correct timing for everything. Opportunities for everything always present, but we miss them – only recognising their presence with the backward glance.

We want to please others but mainly we want to please ourselves. We want to make ourselves happy but our different desires and goals do not always marry with our hearts. To find peace, love, contentment and serenity in life, it is imperative that we listen to our hearts. When we do so, even though our actions may not make others happy, they give us purpose and joy.

We come to Earth with multiple purposes, prepared to merge our physical and spiritual lives that run a parallel course. They can conjoin, but for most people this will not happen at this time. Many people are sowing seeds for a future time when this will be possible, but at this time they are living predominantly through one life and paying token attention to the other. This creates the sensation of being pulled in different directions and being little understood by others.

The material universe to which Earth belongs is in one small corner of infinity – that great vastness we cannot comprehend – that great awareness that is perplexing and intriguing – not understood yet continually coming to thought.

From where does this thought come and why is it constant?

This can only be because it is a thought of reality, recognised by some part of us that belongs to this reality. This part is our spiritual self – that radiating, colourful, vibrant presence that emits more light than the sun, that illuminates

more iridescently than the moon – that absorbs all darkness – that is an effervescent, moving, fully alive presence.

O, that we can feel this presence. O, that we can live this presence.

This presence brings us to physical life by animating our bodies. We know our bodies are going to change with age and eventually die but we continue to have a feeling of immortality – stronger when we are younger, lessening as we age – but always present. This presence has a voice. It is crystal clear – hard like a diamond, mobile like mercury, warming like the sun, cooling like water and glowing like the moon. Its name is intuition. Quiet and gentle, this voice is known when it communicates its wisdom.

Why is intuition so infrequently heard?

Intuition is a quiet presence that belongs to infinity even while living in us in a finite world. It is a voice that lives in the silence for it does not participate in the clamour of physical life that communicates so noisily.

Do we live quietly and gently? Do we speak quietly and gently? Do we move quietly and gently? Do we treat ourselves and others quietly and gently? When we do our heart beats slowly and steadily, our blood runs smoothly, our nervous system sparkles as it should and intuition speaks through every cell in our bodies, delivering its message that inspires each cell to be as it should be.

When we are filled with adrenaline and rushing through the world seeking experiences we talk rapidly and loudly, filling the world with our noise. We cannot hear the sounds of nature, let alone the quiet voice of intuition. Our blood rushes through our bodies, our hearts beat faster and our nervous systems are on fire. Our spirits sink deeper into each cell and wait for the tumult to subside. With so much physical activity the intellect works spasmodically, constantly, flitting from subject to

subject and achieving very little. The quiet, gentle voice of intuition is overshadowed.

The strident, busy intellect considers us to be the centre of the world – all activities and people revolving around us. This is why we are self-centred, even when we do not realise that we are.

How can these parallel paths merge?

Our fall into the allure of physical life has given us dual natures. Intuition safeguards our lives because it wants us to be successful in bringing about the merger. It murmurs its warnings and advises us on the best course of action even though it is predominantly ignored in the tumult of physical life.

Our acknowledgment of intuition encourages us to create an environment that allows its voice to be heard. We placate the intellect so that inspiration, new ideas and the knowing of what to do can reach it through the voice of intuition.

Accompanying inspiration is joy, confidence, clarity of purpose and the sense of a clear direction. The intellect expands because it is using its amazing ability to put into action what intuition inspires it to do. Who would not want to live in this way?

The intellect is intelligence. It has a drive that works more efficiently when intuition affords its focus.

The intellect likes to rule. It likes to be heard. It likes to be acknowledged by others as being the wonderful commodity of a wonderful person, but it does not have original thought. It repeats what is heard and learns what is read.

It is the voice of intuition that directs us down an unknown path to discover new experiences that can enhance the five senses of physical life.

There is a way to marry the intellect and intuition, but it is difficult. The five senses like to be indulged so they have to be restrained. Abstinence and fasting is productive for this task

but not when it is extreme. Abstinence and fasting are best used only for what is unproductive to the course of the spiritual self and its voice of intuition.

This is difficult in a world where so much is available for the indulgence of the five senses. As the senses come under control and are no longer indulged, their rule subsides. The spirit self can then rise and its inspirational thoughts emerge through the voice of intuition.

Intuitive thoughts are different from intellectual thoughts. Intuitive thoughts are always good for us. They encourage us in the ways of beauty, kindness, compassion, love and all the other qualities that make the human being magnificent.

Intellectual thoughts encourage our egos. They want us to be seen to be the best we can be – admired and congratulated at every turn. This leads to pride. It is not easy for the inexperienced to discern the difference between intuitive and intellectual thoughts because it is easy to misread the intent.

When we want to achieve something we can read our intent as the encouragement of intuition when really it can be our physical mind verbalising our personal desire to succeed in something. This does not mean that what we are doing is not good for us. It means we are low in self-confidence and wish to be seen as successful.

The spirit self is eternal, so intuition is eternal. It is the voice of the infinite so like the spirit self it can go everywhere – not only physical worlds but to multiple worlds simultaneously. How can we possibly understand its nature? We are fortunate just to be allowed to hear its voice but we have to work for this privilege.

The physical self is easily understood by everyone because it lives only one life on a physical world in a material universe. Its nature is simple.

By allowing the ways of our spirit to modify our physical ways the body lightens and radiates the illumination of the spirit within. This leads to the spiritualisation of all that it

touches – our emotions, thoughts, bodies and souls. The spirit of life has that power. It springs into action when the desire of our hearts wants it to do so and the physical self has been tamed.

The central system of Divine Will exists wherever there is life so we can marry our wills to this Divine Will. Our spirits can shine through our bodies when they come under the influence of the Divine Will. Memories in our souls become of infinite goodness. When we leave the Earth our souls can then travel with our spirits towards the central point of Divine Will in the Greater World of which they are a part.

Life lived in a physical world is dual in every way. Great joy and great pain are experienced. Love and suffering are experienced. We learn from this duality because we do not want to repeat what brings suffering. We only want to repeat what is joyful. This causes us to strive in a direction that produces joy, not suffering. This direction can be the direction of the Divine Central Will for it produces a desire to live according to the way of our spirits.

Our spirit self always lives according to its nature which appreciates the Divine Will and intention.

When the soul takes the spirit in a direction away from Divine Will it suffers. Other than that the spirit does not suffer.

Suffering belongs to the Earth because physical life encourages us to move in a direction away from Divine Will.

When our intellect and intuition combine our spirits can lead us away from suffering.

Independence and Dependence

Man is born of two family lines. These two lines provide the place he needs to be. It is up to him to find the reason why he was born to this place and why he needs to be in this place. He does not choose his parents because they can nurture him, give him love and provide salubrious surroundings for him to

grow like a flower in a garden. He has to prove his worth as an independent human being.

Should he be born to a privileged life he is given all he needs materially from the moment he is born. He learns about a life of ease where he does not have to stretch himself to find the true capabilities of his character except through his career which may be chosen for him. He accepts that all is his right and others should do things for him. He is presented with people who are easy to be with – people who listen to him, ask his advice and treat him well. He enjoys this time.

He is creating dependence; dependence upon others; dependence upon a life of physical ease and dependence upon inherited expectations including the need to marry. At some stage, following an early period of ease, he will travel a road of difficulty that will encourage him to discover his true character and whether he can stretch his capabilities. He may even seek independence and to travel alone – unencumbered.

Whether he is born to a privileged life or not, the individual creates an opportunity to achieve what he desires by presenting himself with a personality he adjusts to appeal to those who can give him what he wants.

Every time he speaks, every time he acts and every time he interacts with others he is choosing which part of his character to bring to his personality and he has a reason for his choice.

He may want to be socially acceptable, surrounded by friends and acquaintances whose presence prevents feelings of loneliness or he may be choosing what is needed in the moment so he can follow his golden path of progress.

People who have any depth of understanding about life look beyond personality to the character and read the qualities that lie within. This is how a mother knows how to stimulate her child to achieve the best that is possible.

Social acceptance in the modern world is bought at the cost of independence. Independent thought, independent speech and independent actions are not acceptable to those

who follow current trends for they are living a life of dependence upon the social values of others, often their peers.

It is easy for people to become dependent upon each other. When they look in the eyes of their friends and acquaintances they see a reflection of themselves and they know that they are alive. When they look at their possessions and the life they are living they know that they have achieved much and they want respect or adulation for having done so.

Social graces are part of personality. They are pleasant and they bring companionship. People can hide behind the visage of the social smile and the companionship that social graces offer but they cannot hide from the harsh truth that is delivered from the mountaintop as a loud roar, blasting their ears so each measured word is heard and cannot be forgotten.

How often is the harsh word heard?

Truth is a hard rock that shakes the foundation of the person with a constructed personality. Until personality reflects character the harsh word is delivered.

Choice is always presented. Each quality of character can be developed in truth on the golden path of travel or adjusted to accommodate the personality. Each quality can be developed to promote pleasant dependence or the harsher reality of independence. Each quality can be developed to cause others to react in a certain way or to drive oneself along the path of growth and learning. Choices made are neither right nor wrong, but each choice made promotes either dependence or independence.

Man entered the Earth alone and will leave in the same way. He can also live this alone way, loving all people, but no-one especially, being friends with all people, but with nobody in particular, treating all people as he would himself, but not according to like or dislike.

Man can live in the now. He can live in the present and make mindful decisions as he develops his character. Will his way be according to the harsh truth of independence or according to the easier option that is offered on the path of dependence?

The life of independence looks into the space around everyone. It sees an encumbrance-free vista and knows that the way is clear for travel in any direction at any given moment.

Without the need for appreciation, the independent person can travel lightly, going where necessary to learn what is necessary. Character is enriched and enhanced until it is a constant reflection from the heart.

Personal Effort

In western society the world we live in no longer dictates through our position what we must believe and how we must live. In earlier times the circumstances of our birth dictated our destiny. A boy born on a farm was destined to become a farmer. Now the son born on a farm does not have to remain on the land.

For many generations' state and religion worked hand-in-hand to dictate the faith and beliefs of the people and their position. The line between religious fervour and material conditions was blurred. Now boundaries between nations are breaking down. People from different cultures are merging into western society as global travel slowly eliminates the influence of their culture.

A void is being created by the fading structure of a passing society. What is being revealed is the elevated position of materialism and it is filling the void. Everyone wants to ride the train of consumerism even though they may not be aware that this is so. Consumerism has become the modern philosophy of life and it does not incorporate spiritual values.

With a focus on materialism, Western Civilization is concentrating on the production of commodities for the masses. Merchandise is being produced by the labour of those who do not yet share in the wealth of western society.

There is a price to be paid with materialism as Janus presents the other side of the coin.

In the past only the few were able to amass possessions. The many were the foundation and support for the few. They provided the labour to produce the wealth for the few. The many were also a foundation and support for each other.

They lived and worked together to ensure their own survival. This was the structure of a stable society for a long period of time.

Today the many can accumulate but they have no foundation of support as did the few in the past. Without a foundation of support everything they do has to be achieved through their own efforts but they are overreaching themselves. With their focus on acquisition they are spending more than they earn.

Today the individual has to rely upon his own efforts for his survival. He is making his own way in the world. He cannot be told what to believe and how to view the God of humanity. He must find his own philosophy of life.

A philosophy of life is a key to life.

Where can the individual find a philosophy of life today?

The roots of today's generations lie in a structured society that combined state and religion. This protective boundary has broken down. Today the only place the individual can find a philosophy of life that does not have its roots in this past is within himself, but the way is not clear.

The individual has to find strength within to build a foundation based on himself. He needs to find his own

direction and make his own way in the world, so he needs to believe in himself and develop self-confidence and a sense of self-worth.

He can do this by developing values that are based on the deep and worthwhile qualities of his human nature. These spiritual values will give him a philosophy of life.

Materialism erodes the soul, so it cannot bring happiness. It can give transitory power and control but the years of life pass quickly. Those who follow this route, in their final years continue to cling desperately to what they cannot hold onto, while continuing to control those who are to follow through conditions of inheritance.

In a materialistic society everything is a commodity for sale – not only goods but also people. The trafficking of people has always existed because the weak are vulnerable. Their aspirations in life are not built on a strong foundation and they have no support. Let us give our children a realistic view of the materialistic world to which they have been born. Let us train our children to build a strong foundation based on inner strength because in this world there are people who do not value life. A strong foundation based upon the best values humanity is capable of protects the individual and educates the weak so they may find their strength.

As the recognisable structure of society breaks down, including the nuclear family, a new era of the individual is arising. It is better that this era is grounded in a philosophy of life that is based on the values of goodness. This is a philosophy that can strengthen and protect the people for they are becoming more isolated than in previous times.

The Earth has already revealed almost all her secret places to man.

Today's technology is revealing more of unseen worlds.

Technology is spreading outwards with consumable products and has been made available to all people. It is also reaching inwards. With its advancement the microstructure of the physical world and how it blends with more etheric and spiritual worlds is being revealed.

As the individual strengthens he can learn to protect himself. He can become more astute at knowing the thoughts of others that may not be aligned with the words they are using. This ability protects him from the charm, handsome grooming and physical beauty that have ever seduced.

The individual is not likely to look to a God to protect him because he does not view the God of humanity as a physical or ethereal being who protects and delivers results in response to the pleas and cries for help from humanity in trouble.

In this Age of Aquarius the individual continues to ask why things are like they are. A strong foundation of self can bring new knowledge and new answers. As nature reveals herself man is revealed and the structure of man and nature and their place in the universes of life is brought to light.

In all Ages help for humanity is always available from a higher source. All questions asked in sincerity are answered. That is the Law of Assistance. It is part of natural law and comes from the environment that can reveal to the individual his present position and his prospects for a future position that grows out of his present position.

The Law of Assistance shines a light on a way for the individual to help himself. A strong person does not ride on the back of the effort of another. He progresses through self-effort.

Determination to travel a chosen road means that road is travelled. The outcome of the journey is dependent upon the ability of the individual to recognise opportunities and the amount of effort to be expended. Whatever the outcome, success or failure is irrelevant.

When an individual believes in himself, he makes an effort. At the end of each predestined part of the road, a door closes and another opens. A new direction is faced but the way forward is not straight. It weaves to accommodate others.

Who shares the journey with the individual?

Along the way the heart draws in people who can accommodate the aspiration of the path being travelled. They remain for the length of time this aspiration is shared.

Because the structure of society no longer constricts individual growth the development of a foundation based on self-worth eliminates the likelihood of clinging to people met, those who are loved or those with whom time is shared.

In this modern, burgeoning society the individual sees more greetings and farewells than what was seen in the time of group compositions in more structured societies.

The One God of humanity is an enveloping of all that is. Its many aspects are available but have to be reached for, not through an emotional leaning, but through a desire to grow all that is good within the human heart. This is the way individual man can find common ground with the emanations of the God of Humanity.

We are here to live the human life. At the same time we remain attached to other worlds. This attachment is our breath of life, sensed yet unseen. We cannot escape this attachment nor should we want to. It is our immortality.

Each night the breath of spiritual attachment draws our inner selves into a world where our strength may be fortified, our purpose supported and our intention consolidated. We return each morning to our revitalised, physical selves, rising from our beds to begin a new day with renewed confidence that returns with us from our travels beyond.

We are living in times of change as old ways retreat and new ways span the horizon. We are greater than what the materialist offers us. We can light a way that includes all

humanity; then the world will not be able to produce or accept poverty, violence and hunger.

Attitude to Life

Man is in a strange position. He knows he is alive but he does not understand what life is. His five senses make him aware of his physical world but what he learns through these senses does not seem to be enough. He is aware of other requirements within and they cause him to look beyond the physical life he constructs, for construct it he does.

He sets goals and constructs a working life, a social life and a family life. His emotional needs are part of them all. No matter how hard he works something inside is not satisfied.

He wonders whether there is another type of life in another world, in another time. He does not know what it is or where it is but this thought continues to rise from some inner drive until eventually he reaches for something more than the requirements of physical life.

Man's physical activities can be actuated in two ways. He can construct or he can destroy. Both bring satisfaction.

He may follow a path of destruction when his attempts to construct the dream he has come to nothing. He may not have put in the time and effort to learn the necessary skills that could bring the picture in his mind to life so reaction drives him to destroy.

Satisfaction from destruction is short-lived so he repeats the cycle. With each repetition his destruction increases. This cycle will continue until the necessary skills that can bring his dream to reality are learnt.

Man always has a dream, often not discussed, verbalised or truly believed in, but real. It never retreats too far for too long. An astute person coming into an individual's life may see the dream and verbalise it for him.

With encouragement destruction can transpose into construction. The reverse situation, presented by Janus, is

always possible. Change is always possible. There is always choice.

Choices are made frequently in life. Small ones, important ones, unimportant ones and big ones are made daily, quite naturally.

All the exigencies of living are to be experienced. Better to go through life aware of its daily capabilities and experience them through conscious choice than have them foisted upon you at a later date.

Remove your rose-tinted glasses. See life in its stark reality as it presents situations. When you see what you do not like construct a different perspective with materials available to you.

Construction is making something out of the materials you have. When you have strength, love and self-confidence you can produce something that will also have these qualities – something others want to be a part of.

Each time you bake a cake you use the same amount of ingredients and follow the same processes, yet each time the result is different. The taste is different. The texture is different.

A cook becomes a baker with practice and repetition that produces consistency. Practice can bring success.

What is success?

Success is an attitude that constructs something out of available materials. Sharing the experience with others makes it joyous. Appreciation of the moment is success, no matter what the moment brings.

Each moment is life so each moment should be appreciated. Appreciation of life brings it more sharply into focus. The colour of the day is brighter. The environment is cherished. Life can be hard in some countries but still must be

appreciated. The years pass quickly and change for the better can come.

Each moment should be appreciated because each moment is the foundation for a following moment that is similar. Each moment constructs the next moment. Each moment is a step to the next moment. This is why we say you are travelling a path.

A path is followed step-by-step. Each step is constructed one by one. Even when an attitude is destructive man cannot help but follow his natural way of living, and that is to construct. He constructs each moment. It is the attitude towards each moment that is either constructive or destructive.

Life is lived with attitude. Man's attitude is his contribution to life. Hills remain hills no matter how he looks at them. Sea remains sea no matter how he looks at it. The land, sea and sky continue no matter what he does to them. However he adjusts them the Earth moves and returns all as she wants it to be.

This place of residence can be appreciated and enjoyed in its natural state of beauty or it can be destroyed momentarily with man's perception of construction. Either way, the Earth continues and man continues to visit her. Let his visit be constructive.

Let your eyes be gentle. Let your voice be kind. Let your actions be sincere.

Are you motivated to construct or destroy?

Are you expanding the moment or wasting it in your haste?

The tortoise moves slowly through the world so it lives longer than man who has more intelligence. This means intelligence is not necessary for a long life. What intelligence can do is give meaning to life by being constructive. It can build moments of joy or it can build moments of pain. However the

moment is built its effect goes deep within and radiates to others.

You have life, so just have it. There is no need to analyse it. Just have it. This attitude brings contentment. When you are content with the fact that you have life you consciously decide whether each moment is going to be constructive or destructive. Your thoughts and activities then reflect your decision.

Discontent is the path of destruction. It breeds dissatisfaction, boredom, unhappiness, loneliness and judgement. Contentment is the path of construction. It breeds acceptance and purpose. A conscious decision about what to do with what you have leads to creativity. Creativity breeds tenacity, good work habits, perseverance, confidence and purpose.

View life simply. Combine all the things you know to be good for you into one wheel that can roll throughout the years of your life. When you recognise love, make it a part of all your activities. It will radiate its graceful movement across the world and you will see it everywhere. Because it is in your voice you will hear it everywhere. Because it is in your touch its lightness becomes a constant caress.

Colour your world with what you have inside and your senses will intensify with a better focus. Your perceptions will become more finely tuned so that you hear the language of the Earth.

Your appreciation of life heralds an outward gaze towards the Greater Life. You are searching for the source of life because you are no longer satisfied with the reflection. With a focused gaze your creativity constructs your dreams in the life you have that is yours to do with what you will.

Positive and Negative Revisited

All that is physical is made up of positive and negative attributes that constantly transpose one into the other.

Humanity lives on a globe that is circular in structure and continually turning as it travels a circular, ecliptic path around the sun. The universes and galaxies are also continually turning as they move through infinity in their circular, ecliptic paths.

As physical matter, everything within them transposes from positive into negative and negative into positive. Man's physical body reflects this constant transposition.

Man experiences birth so he has to experience death. From the time of his birth to the time of his death, the cells of his body change to reflect the way he lives.

Compare man's face at birth to his face in his final years and resemblance between the two is often not found. In his lifetime he changes from thin to fat and fat to thin. His hair changes colour and his skin changes from thick and elastic to thin and brittle.

Man's passage of transposition is made through the Law of Opposites that is apparent everywhere in daily life. Light becomes dark and dark becomes light.

Lemon that is acidic in the mouth, enough to erode the teeth, may be ingested and cause the body to become alkaline to promote good health.

A well-modulated vegetarian diet can promote good health within the vital organs of the body, but over time the absence of meat can weaken the ligaments, tendons and muscles.

Within the male there are female qualities that emerge at some stage of life. In the female there are male qualities that emerge at some stage in life. Many people are born with both male and female physical organs and are unsure whether to live in society as male or female. This tells us that man is more than male and more than female.

Gender is an allocation to physical life so life can continue through the generations. Gender is a tool for bringing life to Earth.

Man constantly changes his mind. He believes in something then later believes the opposite. He says one thing then later says the opposite. He does one thing then later does the opposite. He is facing both sides of the coins of life so he may achieve full understanding and success in life's endeavours.

Transposition of positive into negative and negative into positive is a constant part of life. Man changes his goals to reflect the changing direction of his heart. With experience he learns that the bright and prosperous future he is aiming for may not be easily achieved. He learns that it takes physical effort, strength of mind, determination, endurance, courage and persistence to transpose his idea into reality.

Man can view everything in life in either a positive or negative way. With a positive view he is filled with hope and looks ahead to the future. With confidence he believes in himself and can grasp opportunities when they present. He sees difficulties as steps that can lead to change. So something better can produce a noble result, any lack of confidence has to transpose into confidence.

With a negative view he sees difficulties as obstacles designed to prevent his success. He is filled with bitterness and looks back to the past with regret.

Man's chosen outlook depends upon his position on a line drawn between the positive and negative poles. His position is constantly moving and changing direction.

What do these poles mean?

The nature of each pole is to attract people who are moving towards it from the opposite pole – who are seeking what it is producing. It repulses those who are moving away from it towards the opposite pole. As displayed by the magnetic poles of a magnet this is the Law of Attraction and Repulsion at work.

The positive pole is yang in nature. It is outgoing. It is positive action. It is productive. It is work that revels in the light

of day for it seeks to shine upon all. It is male in orientation which is why, historically speaking, there is usually a male figure at the head of organisations.

In the present time this is changing. Female figures are heading organisations but the question to be asked is:

“Is the world perceiving the qualities of the negative pole as qualities desirable for the future or is the female exhibiting strong male tendencies that are in line with the qualities of the positive pole?”

The negative pole is yin in nature. It is the dark of night. It is receptive, intuitive and absorbs what comes its way. It is a receptacle that understands the sublime and hidden aspects of life. It is female in orientation.

Both the positive and negative poles on the line can each be viewed with a positive and negative outlook.

The positive pole can be viewed with a negative outlook producing aggressive, selfish, determined, stubborn behaviour that displays a lack of consideration for the ideas and lives of others. Dictatorial in nature it seeks speedy results because of a lack of patience. The negative pole can be viewed with a negative outlook producing behaviour that is fearful, lacking in self-confidence and an inability to make decisions because of see-sawing from one idea to another without clear direction. Overly gentle it is unable to leap into action due to vacillation.

When the positive pole and the negative pole are viewed with a positive outlook it produces behaviour that can enhance the qualities of the pole or make them excessive.

The Law of Attraction is always apparent as it brings situations into play. In the journey through life man looks for others who are of like mind and like tendencies – those who are standing on the line between the positive and negative poles and facing the same direction as himself and so they

have similar goals. One is following and one is leading because both are facing the same direction. When people come into contact with others who are opposite, they are each standing on a line between the two poles facing each other – facing a different pole which is their destination.

With movement they are moving towards each other, passing then separating. They have different goals. Each is going towards what the other may have left. Each then either rejects or tries to adjust and change the other's perception to align with his own – a challenge.

The positive person tries to change the negative person and the negative person tries to change the positive person. When change cannot occur their ways part for they have nothing in common. If the differences are small, acceptance of compromise is possible. Look at your current situation and compare it to what you have experienced to bring you to this position because at each time of decision your choice reflected either a positive or negative approach to the direction you were facing.

With a negative viewpoint you may see the unfairness of life, the troubles you have faced and your dislike for your present position. You may blame the other people who shared your journey. With a positive viewpoint you may see all that has happened as a result of the choices you made. You take responsibility for the position you find yourself in for you see that it has been reached through your own efforts and not through your reactions to those who shared your journey.

These two views are incompatible. One is your preferred option in all situations in life. Freedom of choice always accompanies knowledge of good and evil which is the ancient vernacular for positive and negative.

All that is negative can become positive and all that is positive can become negative. It depends upon the goal in your heart and the way you move through life.

At certain times the positive has to change to the negative and the negative has to change to the positive. This continues to happen until your position on the line between the two poles is in the centre.

The centre is the balance between positive and negative but it is not stationary. It has an equal view of both poles so choices of direction to each pole are easily made in any moment. The centre position brings clarity about what is needed. It is also the springboard to another path on another journey towards another destination.

Action and Reaction

The Ages of Time grow out of the Rock of Truth that is the foundation of life.

Rock is hard and it takes strength to hew its face. It is a laborious task that is achieved with repeated actions over a period of time. The energy expended produces pain and sweat but perseverance achieves the desired outcome. Pain then transposes into joy.

Is this not a picture of life upon Earth?

Is pain not a signal that there is work to be done?

Without pain would anyone begin an arduous endeavour?

Is this not a picture of how man achieves progress upon Earth?

Is this not how the march of civilization continues?

Each step taken advances all men and women, but those who take the first step are the visionaries. They are at the rock face giving their all to initiate what must be begun. They pay a price for their efforts – sometimes with their lives – but they initiate an important step in an important endeavour that contributes to the progress of civilization.

Once taken, this first step heralds a completion, often many years later. Following generations reap the benefits of

the efforts of these pioneers. Those who follow in their footsteps may empathise with their courage, strength and pain but empathy is fleeting when people are not personally involved.

A civilization that is advancing shows increasing respect for humanity and all human endeavours. It seeks to eliminate ignorance as it learns to treat human endeavour with mercy and compassion.

I love all the ways of man for he is a child of the One God. As a child he is both teacher and student of his destiny. He learns to follow the Laws of Life with his thoughts and actions. With every thought and action he asks for the light of the Laws of Life to shine upon him – and it does. His worth is revealed for as he sows, he reaps.

What does man sow?

Man sows an action that produces a reaction. This is his created child. Each action is one strike at the rock face that produces a reaction that can be a step in the onward journey of man.

When the reaction produced is not in an onward direction the striking action at the rock face is repeated until the reaction produced becomes a step that does renew the onward direction.

The march of civilization is the progress of man and it begins with the individual at the rock face. When actions sow reactionary reactions, repeated strikes at the rock face are needed to produce the result that contributes to the progress of man.

When actions sow progressive reactions only one strike is needed. The strength to make the strike exists. The angle and placement of the strike is accurate. The correct timing is ascertained.

With the passing of time people continue to pioneer progressive endeavours and they continue to pay a price for their unselfish efforts.

With the passing of time others continue to follow in the footsteps of these pioneers who have laid foundation stones for the progress of civilization.

When the majority of people take the achievements of pioneers for granted, reactions produce a retrograde step. What has been achieved is lost but a propitious time for new pioneers to hew the rock face of the endeavour once again will arise because this is how civilizations rise and fall.

How will the Western Civilization fare in the materialistic age it is promoting?

All actions for the progress of man are humane, so humane methods for man have to exist in all endeavours. Regardless of the Age, self-discipline and self-control serve man's greatest interests. Regardless of the Age man's path takes him towards the One God, even when his beliefs and actions cause him to weave this way and that.

Regardless of the Age, what is needed for man's progress presents in due season. Man has always had to work long and hard in the development of his internal life and his outer life. With all his endeavours there can be no arrival. There can be only an achievement that leads to another endeavour. Continually, down through the seasons of time, man produces actions and reactions play out.

Is the One God revealed to man in the material universe – his present environment?

In the material universe man can change his awareness to include the Greater Life – and he must.

The extra-ordinary capabilities of his inner life can be applied to his outer life. His physical life can become a

reflection of his spiritual life that is aligned with the ways of the One God. When he lives this way, man becomes noble.

The physical path to the One God is a path to joy but despair travels with joy. It does so until the heart only accepts joy.

The physical path to the One God is a path to a pain-free life but pain travels this path. It does so until awareness of the One God is applied to every situation. Man then reaches the joyful, painless state of *I am that I am*.

When man can stand firmly between the spiritual and physical worlds he can experience both in the same way – a response to the One God's love. Through his own efforts man can climb out of ignorance and reach for knowledge of the Greater Beyond that is brought to him by emissaries of truth.

These emissaries are an example to man for they live in a constant state of awareness of the One God's love. Their example and teachings inspire the way to good health and the discovery of purpose in life.

In this Age of Aquarius man is discovering the good things of Earth. He is making them available to all people. When he includes knowledge, sharing, kindness, empathy and gentleness, the good things of the Earth enhance human life. Woman can be released from her state of servitude and raised to her rightful status that complements man. Alone, man has lost his way.

It is man's task in this Age of Aquarius to realise these values. Ignorance is the enemy of progress so this task can be achieved through education. Should this endeavour be successful in the Age of Aquarius, in the following Age of Capricorn the humane Aquarian principles towards society will become a strong foundation of stability for all men and women.

Progress is a reaction to actions that have been generated. Whatever the outcome in this Age of Aquarius, what is achieved and applied contributes in a smaller or larger way to progress. In about 26,000 years, when the Age of Aquarius

circles back, man will have another opportunity to achieve Aquarian knowledge and apply its principles and values to the life of humanity.

We have seen dedicated love for the One God and man in many people. We have seen actions for the common good in pioneers for change. Lighting a beacon for future generations, these people have paved the way for others to follow. Wisdom can be gleaned from those who have gone before but people still have to construct their own paths in life because they are living in different times. They have grown beyond the foundation laid for them earlier by courageous and caring souls.

We are spiritually in the One God's image of innate love. Having adapted life to become physical we have discovered pain, but the love remains.

Love is who we are and remains our guide and our goal. Let it fill us to capacity so there is room for nothing else. My love and your love are the One God's love, so are we not equal in His eyes?

Coins of Janus

There is a reason why we say: have no beliefs.

Let us look at the way physical life functions. In physical life everything is open. There can be no secrets because everything travels.

From your mind to other minds thoughts travel. Into your heart, through your heart and directed to the hearts of others, your emotions travel. According to your idea at the time, everything thought, said and acted upon manifests, then at some stage manifests as the opposite.

Have no beliefs is a philosophy that warns of this reality.

No matter what you think, say or do you will not be thinking, speaking and doing in the same way for the rest of your life. The

Law of Change and Movement allows you to embrace the changes that will come, both in your thinking, your actions and your emotional state.

Thoughts actions and emotions belong to physical life so they circle the globe. They attract similar thoughts, actions and emotions then return to you, the sender, increased.

There are two sides to every coin and there are many coins of treasure. They represent all the Law of Life. Janus presents both sides of each coin so you may learn about the Law of Opposites that, like all Laws of Nature, flows from the Tree of Knowledge of Good and Evil.

Duality is a constant in physical life and must play out. When rigid barriers and walls are constructed around your thoughts and emotions, they prevent the free flow between the two sides of the coin that should happen naturally, so traumatic experiences bring into play what must be.

For example:

You wish to be independent in life. You wish to stand on your own two feet, take responsibility for everything you think, say and do and accept the outcome, whatever it is. Independence is only half of this picture because in physical life dependence is linked to independence. Janus presents both sides of the coin and so the two scenarios change.

You need to know how to be dependent on what you need to be dependent upon. You are dependent upon food, drink and air and so much more. You are dependent upon the five senses which relay to you your experience of your environment. You can easily accept this. Accept that it is in your nature to be both dependent and independent then you will not focus on only one.

It takes experience to know when to be dependent and when to be independent. Let both manifest when they should because a balance between both is desirable.

You are dependent upon contact with other people. For health you must have it, but you can make the independent choice about which company you are going to keep. Your experiences with people teach you how to choose wisely. You are dependent upon food and drink. You can make the independent choice about what to eat and drink, and how much.

You are dependent upon work because it is part of man's nature to work. Without work you are not contributing to your physical life. You are not increasing your capacity to contribute to the Greater Life. By not working you will forget how to work. You can make the independent choice of when and where you are going to work and why.

Are you driven by money or does your choice of work contribute to your well-being and the well-being of others and your environment?

Emotions are part of your physical make up. Because you have emotions you can make the independent choice of how you are going to express them and how you are going to balance all seven so they play their part in physical life as they are supposed to. Your emotions contribute to the well-being of your life and your influence upon the environment and those who live in it.

The Law of Opposites comes into play when the wheel turns. There is a time and a place for each of the emotions – but not in their extreme. It is your task to moderate excesses because excesses expand.

For example:

An excess of humility changes to an excess of pride – perhaps pride for being seen by others as a humble person.

Everything originates with your thoughts so your thoughts are important. You may think they are private, but they are not. They can be easily read because they are travelling. Those who can relate to the thoughts you have will absorb them. Should

these people meet you, they will recognise something in you because it is within them. It is your thoughts. Your thoughts are giving you a common bond. For a time they can even unite you both in a common action.

Thoughts concerning physical life are of short duration, having no power of their own to remain. This is why they travel. Through travel thoughts can increase their strength – enough to remain in existence but they cannot travel beyond the influence of the Earth for they relate only to the Earth.

Have no beliefs because your thoughts will change your beliefs, whether you are aware this is so or not.

Should you hold tightly to the thoughts you have always had you are holding tightly to a memory of a circumstance that brought about the existence of these thoughts. You wish to continue to feel what you felt then. This can be a defence mechanism against a current situation that is not ideal.

When a situation that you would like to have does not become a reality, your thoughts will tell you that you do not want it. Your heart will tell you that you do but you do not wish others to read your heart. It is barricaded by those thoughts you are happy to share because they protect your innermost thoughts that lie buried in your heart.

One day you will face the thoughts that you have barricaded in your heart and you will be willing to accept their reality even if they produce sadness because they did not manifest action.

How could they?

For a reality to manifest, the thoughts must be aligned and strengthened in their travels so they can scoop up what is needed to bring those who are part of them towards you to help you manifest the reality of your desire.

You choose to think what protects you for the length of time you want to. You choose to hide your desired reality in your heart for the length of time you want to. You choose when to accept that the situation you want and wish to manifest, you are going to manifest.

How do you do this?

You develop the characteristics that encourage the situation. Should you wish to marry but do not meet someone you develop an open heart that can share all it holds with those who are compatible. You develop the preference for giving rather than receiving, and the ability to live each moment joyfully.

We are not talking about a marriage of dependence because that is not marriage of the heart. Dependence is two people seeking to produce a life that insulates them from the secrets of their hearts.

Marriage of the heart is two souls meeting on the common ground of compassion, giving, loving and asking for nothing.

You are living in an Age of advancing technology. In this Age of Technology all that is hidden can surface. At the moment many people can read your thoughts but they are the thoughts that you have not insulated.

At some stage they will be able to read your secret thoughts – those that you bring out so rarely – those that are locked inside – difficult to travel, so stagnating and poisoning.

In physical life everything must move and this includes thoughts. Stagnation in the body brings disease. Stagnation in the heart brings weakness. Stagnation in the mind brings inactivity.

It is one thing to read the mind of another when your intention is pure and another seeks your help because he cannot find the way to understand how to live well or even understand himself. It is another thing to read the mind so you can control or influence people.

Already technology knows how to control your activities and your desires because the way the mind works and the way the physical brain functions is known. It will not be long before more people can read your mind and the last vestige of your independent life upon Earth – the last citadel of your independence – is breached.

How is all this possible?

You have a greater destiny and it does not belong to the Earth. You are not here because physical life allows you to be here. You are here because your spirit animates your physical body. This allows you to be here.

While you are here you can ignore your spirit self or you can include in your life, its qualities that are always for good. It is your choice and it emanates from your knowledge of good and evil that seals your fate in this one life.

Your spirit inspires your interactions and heroic deeds. It gives you strength and courage to take the steps you must as you swing between one side of a Coin of Janus and the other.

Learning to control your thoughts is the basic step that must be mastered before you can continue down a different road when it is presented by the Coins of Janus.

Learn independently to control your thoughts otherwise you will be forced to control them in a dependent situation. A dependent situation implies that another has some control over some part of your life. Better to learn in an independent manner, so have no beliefs. They are rigid structures that do not allow the waters of time to wash your mind and bring you thoughts that can produce a better journey.

Who can read your thoughts?

The Laws of Change and Movement must be followed. Thoughts must travel. Accept that this is so and you will become master of your own destiny. It will not matter that you

are in the world where your thoughts can be read, for you will not have thoughts people can or want to read.

Your physical mind, your intellect, will be the servant of its master – your spirit – intuition. Intuition does not live in the physical mind. Although its message manifests as thought, it does not linger in the mind, for travel it must. Once it is thought, travel it must.

All spiritual thoughts are for the good of others. They discern. They do not judge. They seek peace. They do not promote dissension. They find similarities in others. They do not find differences. They do no harm to yourself and they do no harm to others.

Can those who seek to control and use others for their own selfish purposes tune into such thoughts? They are foreign country. The person who encourages thoughts that emanate from intuition to reach the physical mind has peaceful thoughts that are invisible to those who seek control, so he will have no fear of thoughts being read.

Those who can read them are not really reading them. They are entering your heart. They are entering the space inside you that you wish to share with them because you have common purpose – bringing spiritual purpose to physical life.

What does spiritual purpose achieve?

Spiritual purpose produces better behaviour and better qualities. It is an example of how life can be lived. What is seen by many as an end result, produced by the Path of the Masters, is really the Path of Initiation prior to the Path of the Masters.

The Path of the Masters is narrow. It winds. It has obstacles and difficulties to surmount. It produces both sides of all coins that no one really wants to face, yet face them they must. Arrival at the other side of the coin produces the arrival of the power of the spirit lifting the veils from the soul so it can shine.

Part Four – Interlude - Guidance

Introduction

In life we sometimes need people to encourage and guide us. We seek people to love. We seek the comfort of heart-warming friendship and companionship. We seek people who can steer us in the right direction. We search for a wise teacher who can extend us. We may find some of these people and when we do they are a gift but their presence is not constant throughout our lives.

To be in the presence of a wise and compassionate teacher who has understanding of the vagaries of human nature creates peace in our searching hearts. For a moment in time our souls know contentment.

When we cannot find these people we look to the heavens. We look into our hearts to find the path of an inward journey that can take us to another time and another place that we know exists. We reach into our dreams.

Dreams are our other reality and we rejoice in our joy of them. They provide a platform for us to realise our potential. They give us hope that we can build a fruitful and inspiring reality on Earth.

In our dreams we are not lonely. We have companionship that understands our needs and desires and helps us achieve. Upon awakening we remember and translate what we have learnt to our physical lives.

At a young age we find our own ideas for life. When our ideas oppose the status quo we are seen as rebels, yet our ideas come from our hearts so it is important that they are given the value they deserve. When we follow this star we find its worth.

We do not need the approval of others. People are fond of telling us what to believe and how we should live. We need to find the courage to follow the way of our own hearts. It may not lead to wealth but it may lead to happiness, and happiness promotes good health. When we give up our ideas without

finding their worth something inside us dies and illness or despair fills the space.

We need all the spaces in our hearts to be filled with the exciting possibilities of our heart's ideas. These are not the imaginings of our minds that tell us we can do anything. They are the deep desires of our hearts that give us no rest until we find the opportunity to put them into action.

Change propels us forward. As the Wheel of Life turns our attitudes change. With the passing years people become more important than events. Unconcerned that their view of the world differs from ours; we want to rejoice and encourage everyone in their endeavours.

The cycle of physical life is a cycle of change and metamorphosis, so with the turning of the Wheel of Life, we change. Let us not retreat from change because it is difficult. Let us not spend our lives looking for the approval of others. When we have no support, let us continue without it and let us continue to give it to another in a time of need.

Our lifestyle should promote good health and compassion. The injured, sick and aged need our care and support. Our values of goodness ask that we give it but we can only give from the heart when the heart is doing what it needs to do.

Hope

Pandora's Box has been opened and all the evils that can exist in the world have been released, but at the time of their enclosure Hope entered the box with them. Upon its opening, along with all the evils, Hope was released into the world.
(Classical Greek mythology)

Hope teaches that everything upon Earth can be transposed from evil into good. No matter the patterns of

behaviour this is possible for she has already scattered the seeds of creativity and beauty all over the Earth.

You have been given Hope to guide you to pick up one or more of these seeds so you can water them and through effort and work expand their potential into something beautiful.

These seeds are the future of the world. They are the potential for the growth of all that is good in man. In these times of growing materialism many of these seeds lie buried, but with your desire to unearth them, you can. Hope will show you how.

How do we do this?

There are laws we must follow but each is a stepping stone to another law that expands the potential of the first. Let us take the Law of Attraction. By it you are drawn to what captures your interest. You put effort and time into developing your interest and the result is an increase of what you initiated.

Is what captures your interest something worthwhile or is it something self-indulgent? Whichever it is, the result is an increase of what is initiated.

Everything gains momentum with repetition. Everything expands with repetition. This is how you create. What you put your energy into grows and draws towards you similar experiences and people of like mind. The Law of Attraction attracts, but what follows the initial attraction is dependent upon the time and energy you put into what has come. How many times has this song been sung?

I have started a venture. I have initiated action. I have expended my resources and committed myself to this concern. Now I question the veracity of what I have chosen to do. Now I question the direction it is taking. Its momentum has grown faster than I imagined.

You did not realise that your initial action harboured a selfish desire. The plan of your venture has been overtaken by this desire which has chosen a different direction. Everything

is bigger than you initially envisaged. What has been done cannot be undone. You must wait until the wheel turns and a new direction is faced. Plan new methods that can create a new outcome for the greater good. In this you will banish self-desire.

I will be more careful in future. I will speak with care and request infrequently, for my spoken words and requests have manifested at such speed I am not prepared.

Your responsibility remains so only you can change things. This is the way to discover wisdom.

I can do this, because walking towards me, attired simply, is a most beautiful Being who calls herself Hope.

Soul

I saw into a soul and it was a sunny place. Without personality barring my vision I saw a heart filled with love that was bursting to go beyond its horizons. May I be permitted to see all souls this way for it is a picture of the heart?

This perception makes it possible for you to love all people.

Swirling Sadness

My heart dictates my direction and this is all I see. Only what relates to its focus approaches so I am insulated from life's exigencies.

When you tell me a story or ask me a question I focus anew and reach into humanity's sadness.

I am called because my friend is sick and may leave.

I watch until the moment I see her spirit begin to ascend.

The passing shall be slow.

Returning to my normal focus I continue until I am called again. I reach into the sadness and am enfolded in the accompanying kindness of the universe.

Why was the passing of my friend slow?

To lessen her shock for she did not know she was to pass.

The sadness whirls and I ask,

How is she dealing with the shock?

Over two days her consciousness was passing in an out, between two worlds until she remained in her destination. We set up a replica of the place she was leaving to nullify her confusion, for she knows little about spiritual worlds.

When her passing into her new world was complete she continued to sleep, finally awaking, but to a familiar environment. Slowly we shall introduce her to her new surroundings, but for now she mostly sleeps. During her sleep she is visited by loved ones and is reassured.

I join in a prayer of praise for her ease of adjustment; then I leave the swirling sadness.

Forgiveness

What does it mean to forgive?

Forgiveness no longer resents. It is no longer angry.

When someone commits an act of harm to another person, you cannot condone the act. No harmful action can be condoned.

Reparation will be made by the perpetrator and this is accommodated by the workings of the universe. You cannot forgive anyone. You can only forgive yourself when you have made reparation for some act that produced the need for forgiveness.

When a harmful act is perpetrated to a loved one you can come to acceptance that such a thing is possible. You can come to an understanding about why it is possible, but you cannot forgive the perpetrator.

The violence and its outcome is lodged in your memory and is more likely to trigger anger, frustration and a desire for revenge. You are not likely to do anything about these feelings because of fear of retribution by the law or others.

Whatever your feelings the perpetrator cannot be forgiven by you or anyone else. All events will play out because the universe balances the Scales of Justice.

The souls of the people concerned render judgement to balance the scales. All you can do is use the experience to further your own capacity for goodness. The alternative is a retreat into bitterness and hatred.

Should a life have been lost under such circumstances, rejoice in the life you shared and remember the love that has contributed to the soul of the one who passed.

The choices you face, especially in the case of a family member or loved one, the departed soul also faces.

Let your focus help align his or her focus so both your hearts continue to beat in light – for life – for love.

Transpose the Shadows

Earth is a place for troubled souls.

What is a troubled soul and why do troubled souls come to Earth?

Soul implies experience through travel that offers knowledge which can produce empathic understanding.

Each person who comes to Earth faces pain, loneliness and mortality that produce physical tiredness, mental turmoil and emotional excesses. This is why Earth is a place for troubled souls.

All souls have to surmount identical hurdles. Everything can be faced here because Earth is the place that allows all kinds of trouble – now inescapable because everything was set in motion when self-indulgence and pleasure were adopted. They are the experiences of the opposite side of the Coin of Moderation. When the Wheel of Time turns, the opposite side of the coin is faced. It is faced on Earth, the place of its origin.

Everything that is thought, said and done turns the wheel so the reverse can be presented, for there are good and evil interpretations to all thoughts, words and deeds. Although good and evil exist upon Earth, nothing is really good or evil. What appears so is interpretation and application.

For example:

You are unable to travel to visit me, so I will give you a car.

What is implied, but not spoken, is that when you receive this car you have the means to visit, so you must. This can cause resentment. You move to another town further away, and still do not visit.

Careful consideration of two possible sides to all thoughts, words and actions can clarify possible outcomes and hidden agendas that contribute to troublesome events.

Throughout physical life all souls will experience contrasts – the two sides to every situation. Knowing that this is so minimises the effects of contrasting events on yourself and others.

For example:

Love blooms with freedom of choice and independence, but to bloom it has to be nurtured and fed. The length of its stay is not known for it can disappear from sight – taken by complacency or time. Accept the transitory and two-edged Sword of Life. Flow with its developments and peace shall be found.

All souls on Earth are troubled because they must face trouble but with careful observation and disciplined thought the times of trouble can shorten and the times of peace can lengthen.

Via Dolorosa this is.

The Valley of Shadows this is.

Via Fecundata it can become.

In the Mountains of Prayer endeavour transposes everything.

I am You. You are Me.

What applies to self can be applied to all people so the second purpose of life, once personal direction is assured, includes other people. How it does so is determined by what life offers the individual in terms of interest and abilities.

Through the mists to physical life, spiritual endeavours interpenetrate so people can access wisdom. What is available can be accessed but it has to be worked for.

Certainty in purpose and direction of life brings confidence. Certainty stimulates the individual to continue what he is doing. When certainty retreats it is time to look anew at the thoughts and actions of the moment with a view to changing direction.

Remembering the Law of Change and Movement, direction can be changed at any time. This is not reflective of failure. It is reflective of inspiration, for at no time does an individual know that the direction he is walking in, the task he is undertaking and his view of the world is going to remain the same. Each may only be a step of acceptance so that the second step, that requires a 180° turn, can be taken fearlessly.

The individual may be influenced by a relatively small number of people upon earth but he comes under the influence of many from spiritual worlds. When certainty of the

availability of wisdom from spiritual worlds arrives, the door opens and encouragement flows through.

Although each individual follows a path he chooses, sometimes his confidence and courage waver. His certainty can be renewed through teachings and encouragement from spiritual worlds and they are available twenty-four hours of every day from the moment of birth to the moment of passing.

Spiritual worlds are a vast expanse beyond comprehension. They contain capabilities and an expression of life beyond comprehension. Man upon Earth calls them light because light travels everywhere and is the brightest energy that he knows. Light expands but does not diminish with its growth or its sharing. It has the same qualities as love, so like love, light is descriptive of spiritual worlds.

The emanations of spiritual awareness are greatness. The soul on Earth seeks for its hues to transpose itself into greater spiritual emanations. The service spirit provides with its presence helps.

I tread the path of life – each step the width of the world – ten steps the width of the universe – all traversed in less than a moment. In my wake, I leave what I am – my love, my light and my knowledge of life. For all who follow my path, and many follow my path, there is always one taking a step across your world – emanating light. There is always one emanating the qualities of life, love and wisdom. Many of us taking a step across your world at the same time create a presence that cocoons and protects all that lies within for we contain all that is evil so it cannot leave this place. You radiate in and out of this beauty of light so it can expand, grow, magnify and embrace all who have life.

We enhance the colours of life with our radiations. We expand your hearts so we can be recognised when it is time for you to leave. As we step across your world we create a pathway and at the appropriate time we hold out our hands to

draw you along, as a parent does a child. The path is wide to accommodate your spirit and direction is assured. The vastness is our home. The light is our food. The air is the breath of who we are.

I am you and you are me. Because I know myself, I know you. Because you know yourself, you know me. Because we know each other I can prompt you in every moment of every day to take steps in the world that mimic my steps so you can learn more. Learn more of your love. Learn more of your life. Learn more of your light. Learn more of your knowledge. Go through the doors of memory and inspiration and learn.

I will give you what you need, should you ask.

Calm Days

I am adrift on a sea of time. I can think and promote ideas but none can cause the boat to move in any direction, let alone the one I find assuring.

It is a sea of calm, as is my life, so I must enjoy this time; not seek to promote it, not seek to evolve it, just be in it as it is. One day the wind will come and I will move in some preordained direction according to a will greater than mine.

What do the calm seas give you?

My thoughts and plans make me feel I'm contributing, but I already am, so I do not need them. The calm seas bring peace to my mind and an appreciation of a greater will, so I am alert, poised for action and ready to move in any direction when the Winds of Time blow their purpose.

Do not seek.

Conserve your energy by abandoning thought.

Let your heart's voice be heard for it heralds a light step.

What can I learn in this time of calm?

Raise your eyes to the heavens and see the expanse that glitters. Turn your eyes inward to your heart and see the expanse that glitters. These two roads deliver the same message.

Using either way, take your place in the world of the expanse that glitters. You can then either retreat into repose or move forward into action. Both stances are in praise of the Almighty and both reflect purpose, each contributing to the expanse.

Each day your eyes can glitter with the promise of the expanse, either in repose or in activity, for both reflect the expression of the expanse.

Just be – and I will direct your purpose.

Just be – and I will show your willing heart its new direction.

Just be – and all you need to live in the simplicity and purity you yearn for will become available to you.

Just be – with me.

Spiritual Legacy

Life continues. It changes its character, but it continues. At each point of change a spiritual legacy remains for those who follow. Once the existence of a spiritual legacy is accepted it becomes important to gain access to what it offers. It becomes important to utilise its extraordinary ways and their application to physical life.

Our spiritual purpose in life at each point of change becomes clearer because a greater awareness of our spiritual nature emerges. This spiritual legacy shares the benefits of all the human spirit's knowledge.

Great teachers contribute long lasting portions that influence lives down through generations for a long period of time – their legacy of teaching often named after them.

A civilized culture embraces all aspects of man's nature. In a civilized society the peoples' lives are shaped by their

spiritual qualities – their greatest attributes. They see themselves as part of a greater whole to which they contribute their goodness.

This lessens the importance placed on the physical nature that lends itself to bloodletting, torture, sacrifice and fear. A civilized society equally embraces an equal measure of physical and spiritual applications to life. It views progress as nothing to fear – positioning today’s technology as capable of advancing the present Western Civilization by using it for the good of all.

Abandon

When you cannot manage, I can take care.

When you have to go, I can take care.

When you struggle, I can take care.

I may not look it, but I am strong.

I can do what must be done, for I can support whoever needs support –

No matter how many.

When you cannot manage, we can show you how.

When you are afraid to go, we can accompany you.

When your direction sits heavily on your shoulders, we can lighten your load.

You may not see us, but we are strong.

We can support you when you need support, no matter how often.

You do not abandon, and neither do we.

Mystical Dreams

There is a mystical land of dreams.

I live there, learn its songs and bring them to Earth in my heart.

I am joyous.

I sing the songs and ascend on their notes.
They change mundane to wonder.
Each moment becomes precious.
Variety is lost – no longer needed.

The ways of the heart provide no explanation or excuse.

A leaf ascends and then falls. Changed in character, it floats away to become part of the songs of mystical dreams that brush our faces as they ride on the wind.

Courtyards

Another reality beckons and I am transported to a world of harmonious being. Prayer, life and dedication merge, and I am home.

The courtyards in these mountains are part of my home. Those who pray and teach here are the people of my life and I am part of what they offer the universes of life. Their every movement is a prayer that impacts upon the universe, sending it in the direction best suited to its purpose.

I identify with what radiates from these courtyards for there is only higher purpose here. All who come to this place are unified in their desire that every breath be for greater purpose, and I blend with this purpose.

From these courtyards is a path that leads beyond, towards the outer reaches of worlds that are a stepping stone to others. Many paths radiate from this central axis of life but what lies beyond is not my desire. At this time I revel in what the courtyards offer for they are a manifestation of beauty, purpose and movement. I seek to replicate their purpose on Earth.

*Such a blending can be seen as,
Graceful movement through life.
May I receive grace?*

An unencumbered soul.
May I discard darkness?

An emanating spirit.
May I wear its garment?

The courtyards and those within represent the reality of a future humanity; but first the presented threshold to be crossed.

Reading the Mind

Reading thoughts is important.

When you know your own heart, you can know the hearts of others.

When you know your own soul, you can know the souls of others.

When you know your own mind, you can know the minds of others.

When the channels of your spirit are open your spirit can travel the world, recognise the companions of your soul and alert it to what it needs when what it needs is available in a particular moment of time. This is the knowing that is a reflection of either your spirit or soul.

Reading and hearing the thoughts of others, when coupled with your knowing, is an alert for your protection. You can either open your arms or raise the drawbridge before the manifestation of approaching thoughts.

Being alert of mind is the way of the open soul that is allowing the spirit to express its natural cognizance. It is the way of the soul that has intention that seeks neither to impress nor be trivial, but is being guided by a peaceful heart so that peace becomes a natural part of living physical life with good intention.

Presence

New Year is a time of renewal; a time of reassessing the qualities of the person you have become over this past year. What parts of your character do you want to move forward with you and what parts do you wish to leave behind? This is the foundation from which you can grow the person you wish to become.

I stand at your back as your protection in a world where good intentions are not always apparent. Although you can lean on me, you do not. Although you can call on me, you do not. I rejoice in your strength and I add mine to yours. In this coming year your backbone needs to be as steel for much will be asked of you.

Stand alone, without fear. We share your life. We share your joys. We share your concerns. In the sharing, burdens lift from your shoulders so your pace can remain steady.

Your imprint leaves a strong memory. All who share your life for even a moment cannot forget how your presence changes the air they breathe. They do not know this until some time has passed – but they will know this. Our presence within you, added to your own, sends a message they cannot forget.

We are here because your world interpenetrates ours.

We swoop. We play. We laugh.

We take care of you. We warm you. We cool you. We wet you. We dry you. We are as alive as you.

We take care of nature. We look after your Earth – your water, your skies and your land.

The universes of life are busy and we work together to promote all that these universes offer.

We all intermingle – some seeing all and all seeing some.

Word of Life

Each life is a word of creation – unique in its application, greater than personality, filled with character that can change and grow.

Man is born to work. He has to make his own way according to his word of life. This is how purpose is created. But what purpose? Should his goal reflect the word of his life, his purpose manifests and he is able to apply the energy of his word of life to the life he constructs. This unique application fulfils him.

The heart can have empty spaces in its filled chambers for it is constantly filling and emptying as energy is generated and expended to particular purpose and use. This is a dynamic process uniquely generated – it's direction like an arrow while accommodating the presence of others who seek to fill any empty spaces.

When the word of life is understood and applied there are few spaces to be filled by others for activity is diversified according to changing circumstances. Activity is paramount in physical life. Even rest is a point of balance between the waxing and waning of the applied energy of the word of life.

When there is little space to allow others to enter the construction of your life you are master of your destiny. For those who have a lot of empty space, many people can enter and personal focus shifts from the application of the unique word of life to the requirements of these people.

People can spend their whole lives entering the spaces in the edifice of another's word and never have to construct their own unique application that is generated by understanding their word of life. Unaware, their lives seem full, but whatever is not the application of their unique word of life is but a distraction.

The light of life emanates from the creative source as a part – a mathematical equation that is a word of life becoming a being. Ever within this created being, the light continues to

travel and the being has opportunities to become more consciously aware of this light.

As all roads lead to the source of all that is, knowledge gained along the way can speed the return. The seed has germinated. Light is seen at its source or point of arrival but while travelling its essence and emanations are unnoticed.

How much light is apparent within each human being?

What can be seen has ascended to the mathematical equation of the living word of each which can change to accommodate more. Within the same space are different equations of the light emanating towards their source, even when each is travelling in a different direction.

An equation draws another in to see if it can recognise and meld with it. At the same time other mathematical equations may be present, but not seen, recognised or joined with. What is greater and more eminent is not seen, recognised or joined. What is the same or lesser can be seen and joined with because that road has already been travelled.

There are great spirits who hear man's cries and want to help. They stand waiting to be seen and recognised so their lights can be given. Because these great messengers of truth are not always seen and recognised as such, their message also stands waiting to be seen and recognised at the appropriate time.

Glimpses of great light come through creative masters. Their art opens a window to man's soul so he can recognise the message of truth when it approaches.

Only inspiration, arrayed in its many forms, does this, so man should follow his natural urge and become creative.

Gratitude

People in your life bring new events accompanied by waves of emotion. A life of simplicity still has to include what physical life offers but these events and emotions cannot fulfil you.

The knowing and awareness of two worlds brings simplicity that views physical life from a spiritual perspective. This perspective sees all people who have a role in your life, as souls offering their services to bring you the events and emotions of physical life.

You acknowledge that your growth comes through the services offered by these souls, whether they are good to you or not. No matter the outcome of their presence, you view it as an important service.

You know that the emanations of spiritual awareness are greatness. You acknowledge that your soul seeks for its hues to transpose into greater spiritual emanations, so for the service that other souls provide with their presence, you experience gratitude.

Gratitude is a spiritual quality that can be reflected into physical life. Each person entering and leaving your life wants to see this gratitude and appreciation of their service, whether they know this or not.

This is not gratitude for the success and embellishments of physical concerns but gratitude for your increased awareness of the wider picture of life that radiates to all people, when they seek to recognise it.

In your life reflect only spiritual values, of which gratitude is one, and no one who enters your heart can harm you.

Backdrop to Purpose

When you are troubled do not reach for physical solutions to heal your troubles. Look to us. We are the custodians of your purpose in life and can eke it out to you when you reach for us.

Your purpose belongs here. Its birth is here. It is your goal and your solution and we are the way to communicate it to your heart.

Your goal is clear to you but it is not compatible with your physical relationships. As each relationship melts into the distance, do not look to Earth ways to heal you. Look to us. We

can paint the picture in the colour you need. Only then can your physical self reflect your spiritual self. Only then can your soul heal. By looking to us you will not seek food, drink, drugs, pleasure, leisure or any form of escapism that has its roots in the confusion of self-doubt that leads to self-pity.

We stand around you – strong and self-assured, presenting in this way so you can be strong and self-assured. This coming year needs your backbone to be as strong as the largest oak tree you can imagine for it represents the implacable purpose of spiritual life – to be – as it is, in its full glory.

Our purpose and yours are one merged purpose. In all we do and say we are one – a combination of spiritual endeavour and worship. Be peaceful in this light for its colour is how you imagine us.

Each time we have presented aloneness to you it has been difficult to grasp and live and you have retreated into Earth life again. This time you have embraced it because you recognise that your purpose is wrapped up in aloneness. Continue to follow The Way in this manner.

His love for you is a radiating sun that embraces every part of you. He is your encouragement, your strength and your love. His strength and yours are one merged strength. His love and yours is for the Greater Life with which it merges.

Herald the dawn as a new day approaches for there is a new way for a new people. Its approach is on the ray of spiritual reflection and it has no name. In its silence you are fully alive, resplendent with its colour of assurance.

You shall fall to your knees, then to the ground. With your face to the Earth you shall have your awakening. All this because you asked,

What is my soul's dream?

At this lowest position the light shall pierce your soul and you shall see its reality. You shall see its darkness and light as

a backdrop to your physical experiences, across which shimmering, iridescent colour moves.

Instead of the dark and light backdrop you focus upon when living a physical life, this moving iridescence of spiritual endeavour shall become your focus.

You shall apply this shift in focus, to your perceptions of all people as they move across the earth. The purpose of your sharing in their existence being to contribute to the colouring of their souls, not to the backdrop of light and dark that are the colours of their physical experiences.

The door to your soul shall open and you shall draw in the light. Your vulnerability shall become apparent and humility shall emerge. As a result, subtle attack shall approach but your gaze shall avert it.

With your spirit at your soul's door your treasure is secure and your way is lit. You shall embrace all who approach, but their ways shall not enter your sanctum. Their words and actions shall remain their affair, affecting you not at all.

The scales shall be balanced; sadness only felt when others allow opportunities to slip away. Your own shall remain intact.

We shall still you a draft of a new wine and its potency shall attract a desire for greater purity and simplicity.

A choice shall present:

The silence of the hermit or the joy of productive companionship?

There shall be a merging of both but one shall predominate. This last turn shall be made so the Seer of Light can arise – silent amidst the multitude of Prophets of Doom.

Prophets of Doom have a need to vocalise and so they prophesise about physical life. Seers of Light embrace silence, seeing physical life as but a reflection of the Greater Life.

You shall be attuned to the Adytum. The waves of its essence shall nourish you as you pluck from the airways what is on offer, when there is a need.

How to translate this philosophy to mundane, physical life?

When the heart has an inexplicable desire that will not retreat, it is a voice to be heeded. The heart's desire does not fit into a logical plan for the future because there is no explanation for its existence. It just is. Because no explanation can be given, no support from friends and family ensues.

For most people another course is planned and executed and the voice of the heart diminishes; only momentarily surfacing so that remaining opportunities become possible.

The voice of the heart that does not retreat signifies a direction in life that captures your interest and suits your abilities. It is not a path that promises material return, yet with the turning of the Wheel of Life it often does so, at a later date.

Follow its course regardless of hurdles.

Let all play out and the outcome shall surprise.

Part Five - Raising the Roof

Introduction

We cannot help but ponder our beginnings. Because we are intelligent we have many questions. Regardless of what we have been taught we cannot help but look for our own answers.

We do this in regard to our physical lives. We want to know our physical heritage. We look to the generations in our family that have gone before us and wonder whether the same blood that runs through our veins causes us to think and act as they did.

When we are adopted, no matter how much we love our adoptive parents, we still want to know where we came from. We want to know about our biological parents and why they could not keep us close.

We also want to know our spiritual heritage. When we look around the world we are living in we cannot help but ask why there is so much pain and suffering and why it is so difficult to find happiness and contentment in life. We want to know why we are here upon Earth, where we came from and where we began our lives.

In many cultures there are variations on the theme of having once lived in paradise and been cast out. I live in the Western culture so I discuss this theme from a Western perspective, but it could be discussed from many perspectives.

Christian culture calls this paradise the Garden of Eden and relates it to a place upon Earth but our lives began long before we came to Earth. They began in a place of spiritual residence connected to Earth. I call this place Spiritual-Eden.

In accordance with the philosophy of *Reflection* we are trying to recreate a reflection of Spiritual-Eden on Earth. This reflection I call Eden-Earth. Are we reconstructing Spiritual-Eden on Earth or have we lost the blueprint? Are we creating a habitat upon Earth according to our greatest interpretation

possible or are we creating a habitat for our own pleasure and greed?

We each carry a memory of Spiritual-Eden in our souls. Our memories may vary but each is an encouragement to build harmonious and peaceful lives that have purpose. We may apply purpose in different ways but in doing so each of us contributes to a greater peace and harmony for all people.

By returning to the precepts of our spiritual heritage our lives can present us with keys that unlock doors within our souls, so our minds can recognise the wisdom within. We can then apply the spiritual philosophy of this wisdom to our physical lives.

To understand the present we need to go back to the beginning – to our roots. The Wisdom of the Ages can teach us how to live a better present which can take us into a better future. Each of us can only do this for ourselves but what we do can inspire others to strive for improvement depending upon whether they have eyes that see and ears that hear.

It is not selfish to carve out an individual destiny according to our own hearts. It is desirable to do so. Others can easily drag on our coat-tails and slow our journey if we let them. We need to do what our hearts command so we can be peaceful when we leave the Earth. We need to know that we did all that was possible to be done.

Layers

We come in smoothly – securing your attention with simplicity – the words laying a monochrome base upon which we can apply layers of perceptions.

We are of infinity. How do we choose the layers of perceptions that are possible to paint?

We look into your heart and respond accordingly. We then ask you to look at the 180° vista towards your horizon and

respond to the hearts within the vista rather than your own choice of direction.

Accordingly we find a common thread within these hearts and lay down the colours on the monochrome foundations.

This is working in infinity, with infinity.

This is bringing a small slice of infinity to you – through you – to the beating hearts within your horizon of vision.

What do you see? What you hear?

I see movement – a pulsing of sound that travels as rays, reaching the edge of my aura, asking for entrance.

I see colours – a swirling arena of life that reaches the edge of my aura, asking for entrance.

I am but a sentinel. I see and I hear but I cannot absorb.

What do you give me to give to these hearts?

We ask that you breathe us in and breathe our breath out to those before you. This breath is a memory of what gave and sustained life in you all in early days. It built you. It fed you. It empowered you and it moved you. Breathe us out to the vista of hearts and they will know us, for they will then remember.

Know your own spectrum and paint our words with its colours. Know your own spectrum and speak the tones that soothe or awaken. We give you the simple idea. You live it. We give you its opposite idea. You live it. We join the two and you have a vehicle that can take you in any direction.

It takes you to a place and we add the next idea – both sides in the same way. We do this several times and your one philosophical sentence becomes a paragraph, then a chapter that opens the door to another chapter and then a book. And you live it.

What you live lays the foundation stone and there are many to be laid in this slice of infinity that we are bringing to you. The picture that emerges are the layers of threads from each

culture. The hearts within your vista are of multiple cultures that are responding to each other in a new world culture. The new man of Aquarius is being prepared.

Spiritual-Eden

Why do men and women always believe that life can get better? Where does this belief originate?

Men and women are spirit from afar. They live out a short span of years on Earth trying to build a better future yet frequently saying that they wish they had never come this way and hope never to return.

Born of the Western Civilization, my mind and heart is rooted in this civilization so it is more natural for me to look at the words and pictures of a past with which I am familiar. I look to the spirituality of Judaism that is the root of Christianity. I look at the stories of creation that arise through this line of inspiration.

Mythology tells stories that veil deeper meanings. In the spiritual mythology of Judaism it states that God created the world in seven days. In many cultures the word for day represents a larger timeframe that constitutes a period when certain events begin and mature. Man can marry this assessment with his present-day scientific perceptions of time concerning the creation of Earth.

Creation is not just a process relating to beginnings. It is ongoing. Men and women are part of ongoing processes of creation so they can become creators of all things beautiful on Earth. It is the mark they leave behind when they journey further afield but, like all art, it takes practice to perfect.

Earth is made of dense materials. It has an iron core. The bodies of men and women are made from these dense materials. Through the Law of Attraction, conveyed through gravity, these materials anchor the bodies of men and women

to the world they are made from but their minds and hearts can fly free.

In relation to eternity the years spent on Earth, even in ancient times when they were of longer duration, are short. Men and women find it difficult to accept that the sum total of who they are begins and ends with these short years, to disappear forever like a puff of smoke. Their hearts know that the eternal part of them continues along paths built from another place, so their hearts ask them to believe that some part of them continues.

Far away in worlds of light, in a place so sublime that the joy of life was widespread, natural and normal, men and women lived in the form of that place. Ethereal and spontaneous, the human spirit settled in Spiritual-Eden. Destined to practise creativity, their lives evolved – the first state of a journey inspired by their desire to create.

This journey began with the stepping down from Spiritual-Eden – a place of spiritual light – through etheric counterparts until Eden-Earth was reached. These in-between places housed Etheric-Eden which was a vision for the adaptation of Spiritual Eden to become Eden-Earth. Eden-Earth was to be a place that was a blend of the beauty of light and the heavier vibrations of the solids, fluids and gases that make up matter.

Inspiration soars through the ethers to reach all residents of all places – a motivating principle for creativity. With the blend of vibrations in Eden-Earth inspiration came from a variety of sources so men and women could widen their view of creation and the part they could play in it.

In a dense, material world inspiration travels through what is acceptable in that world. On Earth this path is through the vibrations of the planets that are part of the ecliptic path of the Sun – the giver of life to Earth.

Immediate universes, planets and stars in the sky signpost the availability of varying inspiration than can help men and

women decide in what way their expertise in creativity can best serve their environment.

This mandate of creation called for a short experience upon Eden-Earth then a return to the sublime joyousness of Spiritual-Eden. When this mandate did not play out, this day upon Earth became longer. Man's creativity had a chain reaction down through the generations and could not easily be rectified and not quickly.

Each stay for humanity upon Eden-Earth is short so men and women come and go as they try to rectify the results of their initial creativity. Those who return to Spiritual-Eden stand watch over those who remain attached to Earth life. Men and women continue to create but for every experience, endeavour and act of creation, they are now inspired by either the light of Spiritual-Eden or are influenced by the life of the dense material world of Earth.

This necessity to choose creates a deep and long-lasting effect on every man and woman. Their constant need to choose between the two has created a fog of confusion. Their hearts know only right and yet wrong is mirrored on the other side of the coin of their every creative act.

Let us look at right and wrong from another angle.

A creative act inspired by the light of Spiritual-Eden creates the characteristics of life in Spiritual-Eden. These include heroism and sublime joyousness.

A creative act influenced by Earth life mirrors what already exists upon Earth – a desire to accumulate and hoard the treasures that can be found.

These two sides of the Coin of Creativity produce different results that men and women must live with until they change their choices because further choices will continue to be faced every day of their lives.

Happiness has its roots in Spiritual-Eden. Upon Earth it is a discipline because it can only be achieved through the

determination to follow inspiration that originates in Spiritual-Eden.

Misery has its roots in physical life. It is a habit that becomes ingrained when material gain is the focus.

These are contrasting choices and they apply to every part of life, sowing seeds of endeavour.

The heart has great capacity. It seeks to develop qualities that make possible the return to Spiritual-Eden upon the passing from physical life. The heart returning to Spiritual-Eden has no difficulty in leaving behind all that belongs to physical life.

Historically the creation myths of all cultures have messengers who are portrayed as a reflection of some aspect of Earth life. Wings mean messages so angels are portrayed as beautiful men and women with wings. Men and women draw to themselves the information they need for their interest to become established as an endeavour that gives them purpose and completion.

We come from Spiritual-Eden. Our hearts believe in Spiritual-Eden. We are striving to return to Spiritual-Eden. It is the home of our birth. It is a place that is a springboard from which we journey so we can expand and grow in the direction of our heart's choice.

Earth life teaches us about choices. It teaches us that we live with the result of our choices so it teaches us how to live well. The world we create for ourselves becomes our reality.

Should I have been born in another culture in another land, I would have looked to the culture of that land to find its version of Spiritual-Eden, for across the world all men and women in all cultures believe that they came from a place that embodies sky and land. They believe that they can return to that place.

This is why men and women believe life can get better.

This is why men and women believe in a better future.

Reverence

You are part of the universe. You contribute to the universe with what you say and what you do. You contribute to how the universe evolves and the direction in which it moves.

Reverence means *to hold in high esteem*. To have reverence for life is to respect everything and everyone within your orbit of existence, recognising that everything and everyone has a place and contributes in some way to your life and the evolvment of all forms of life.

Each part of everything you see contributes to the whole, allowing it to exist. The sun and moon cause water to move across the Earth. They contribute to photosynthesis in the plants so the gases that life upon Earth requires remain in their correct ratio.

When you view all that you see around you as part of a whole that is part of an even greater whole, it is only possible to have reverence for the architect of all that you see.

Have reverence for the architect of the life you have. You cannot know the magnificence and greatness of this architect, but it exists. It is not necessary to know. It is only necessary to be aware of its greatness. Have reverence for the greatness of this Greater Life.

Look at the human body. Look at its intricate structure of molecules made from the properties of Earth – solids, fluids and gases. Made mainly from water and air the intricate human body allows multiple life forms to inhabit it. It becomes a miniature universe. The main inhabitant is the soul of man that comes to experience Earth life. Have reverence for the human body for it allows this to happen.

All bodies are the same. Each reflects the dreams, hopes, plans, thoughts and actions of an individual. These things mark its surface and contribute to or detract from its health. Have reverence for your thoughts and actions for they construct the body you have from the germinating seed of its first appearance upon this planet.

There is a Law of Change and Movement. Have reverence for this law for it allows you to construct something better. Within the Laws of Nature it allows you to construct the body you need to help you achieve your goals.

Have reverence for your parents for they are the vehicle that allowed you to come to this place. They are the vehicle that allowed you to work and achieve the goals you have brought with you to Earth. The life in you is the same life you see wherever you look. Have reverence for life in all its forms.

You do not have to be overly concerned with what others are doing. You do not have to approve or disapprove because you do not know more about life than any other person.

All you can do is follow the drive within your heart to live the way it wants to live. Do what comes from the desire of your heart. This is how you live the manifestation of pure life. This is the manifestation of the life you have chosen to live. This is how you treat the life you have. You do not need to explain or find excuses for what you do because all can be changed when you have the desire to do so.

Have reverence for life.

When you show a better way to live, others may follow in your footsteps.

The tool of the drive of your heart is work. It promotes your vision. You have a dream. You have a plan. To bring these to fruition you must work. You cannot expect others to do your work because they have their own dreams. They have their own plans. They have their own actions to put into place.

You must work to achieve your own goals so you can say, *I lived my life fully and achieved everything myself*. This way you learn to appreciate what you have done then change things when necessary for the future.

Have reverence for the ability to have dreams and goals and put effort into bringing them to fruition. Have reverence for your ability to work.

Much has been placed upon Earth for your enjoyment. Whatever is in a natural environment can give you pleasure when you see its ability to do so. Because your environment maintains your life, it is your security. The changing seasons, rain and sunshine are your security.

Their constancy makes you feel safe but remember the Law of Change applies to your environment as well because it is filled with life. Take care of your environment and learn about how best it functions upon this planet.

You are a small part of this environment. When you leave all you contribute is a few grains of dust that float across the planet. This is less than the shells on a beach.

Have reverence for your environment for in a small way you contribute to it as does every person who ever walks this place. When you leave, your major contribution is the reverence you have for every part of the environment and everything that lives in it. Much lived here before you come and much remains after you depart.

Your main contribution is the love you feel for all you know. Have reverence for the love you are capable of knowing. This is not the love you ask to receive. It is the love you are capable of giving.

Have reverence for love. Give love to all who seek it. Give love to the environment so it may contribute to the growth of what is already here. Take love with you and on your flight give it to all the travellers you pass who are making a new journey. Upon your arrival to another place give love to all who greet you. Give love to the place where you take up abode.

Have reverence for love for it nurtures life wherever it is. Love is the food and water of life. It asks for nothing. It does not seek to receive. It only spreads its wings and flies to all who ask for its succour.

Have reverence for everything you know through your soul, through your spirit and through the senses of your body.

Have reverence for all who help you on your journey for they stay the movement of their own travel to encourage, support, guide and love every heart that beats upon this place.

Have reverence for their compassion. Have reverence for their support and guidance. Have reverence for their teaching. They truly teach for they show you how to make the journey alone in the best direction you can choose.

Have reverence for these wise ones who know more than you. Have reverence for these wise ones who love greater than you.

Have reverence for these wise ones whose capacity for life is extraordinary. They merge with the Greater Life and bring you a tiny drop of its wisdom so your journey to the Greater Life may become a greater merging next to theirs.

Have reverence.

Know Your Enemy

Through the Law of Life, you experience its positive and negative aspects. You must complete positive and negative aspects of each experience. You may then know and understand its worth.

For example:

You value friendship more than anything, yet to know what friendship is, you must experience enmity.

What is an enemy?

An enemy is the combatant who tests your skill at negotiation and tests the direction of your energy.

As soon as you have a plan or goal the Law of Opposites is set in motion and presented by Janus. No matter how kind, loving and gentle you are, because you live upon Earth you must experience an enemy.

Know your enemy. Hold him close and he can become your friend. This becomes so because you learn to understand him and appreciate his contribution in your life.

How can you recognise your enemy?

Look at which difficulty is predominant. It is a train that is rolling through your life until it is understood. You have different enemies at different stages.

For example:

In the decade of your thirties your enemy could be Time for you are likely to have multiple goals. Because this is the decade for putting learning into action you are very busy. Besides making things happen to construct a secure, physical life, you also have to study for future projects.

You may construct a business to establish yourself materially. At the same time you may wish to raise a family. You may also recognise the spiritual needs of your soul. There is a lot to achieve in this decade so Time is your enemy, even as it presents its positive attributes.

In later life Time can become your enemy again when it presents its negative attributes. Your capacity for action and learning is diminished. You have too much time on your hands and do not know what to do with it. This happens when you have not fully understood the processes of Time in the decade of your thirties.

Time can be your enemy but once you understand Time it becomes your friend. Another enemy then presents because throughout life you have an enemy according to the ebb and flow of life. Understand Time well and you will understand any enemy,

Your enemy may be Health. You may have to work hard to remain healthy but by doing so you prevent the onset of a deadly disease that can shorten the time you have upon this planet. While Health can restrict certain aspects of your life,

and in this is your enemy, you gain greater knowledge of the attributes of Health and can use it to learn how to live a more productive and extended life, and so befriend Time.

In every moment of every day you have an enemy. Recognise your enemy and then it need never be another person.

Recognise the ebb and flow of life that reflect the tides of the oceans and flow with their energy; knowing when to be still and reflective; knowing when to be active and productive. There is no absolute definitive. Night becomes day and day becomes night. Yin becomes yang and yang becomes yin. Friends become enemies and enemies become friends. Your enemy, that must present because it contributes to your action and direction in life, becomes your greatest strength and friend after the work is done.

Know your enemy. Embrace him as he approaches for he is your future friend.

Field of Life

In a field there is much to see.

Lie on your back and the tall crops will hide you from view as you look at the blue of the sky above. Dig in the dirt and you will find insects and little animals living there.

Gaze at the trees and plants that grow on the edges of the field and you will see that some produce food and others grow for their beauty that gives pleasure to so many.

The field gives you a view of a miniature universe of life. Everything lives happily side by side as their natures intend them to. Although many communities inhabit the field, each species lives separately from the others. In some ways they are interdependent and in other ways they are self-sufficient.

There comes a time when, although you live in the field of human endeavours, your own endeavour requires you to stand aside from others so you are not side-tracked or drawn in to

the events of their lives; so you do not become enmeshed in their hopes, dreams, mistakes and successes.

You may want support. You think you cannot succeed in your endeavour unless someone is there to pick you up when you fall because of difficulties. You think you need someone to share your successes. For this to happen others have to put aside their own destiny to participate in yours.

When starting an endeavour support may be wanted, but it is not necessary. What support does is make the first steps of the journey easier to take because it encourages self-confidence and strength which are within, but not yet realised.

Look at history and you will find that important figures who have influenced the destiny of the human race do not always have support. What they do have is a knowing of their destiny and a drive to make it happen. They may do this in a way that hurts other people but it is possible to do things without causing harm. This is the hard way. It takes longer because your steps have to be placed so carefully.

For you to comprehend your destiny you already have inner strength and self-confidence. They may not be part of your everyday life because they are not yet realised.

Each human being can fulfil his potential and destiny should he really wish to do so. It is not necessary to rely on the support of others. Doing so causes strength and self-confidence to grow more slowly. No human being can have everything. Something is given up when something is gained. This is called the price that must be paid. You weigh up whether the price to be paid is possible. You weigh up whether the drive to work on an endeavour is greater than the fear of the price to be paid.

Knowing what you are capable of then initiating the task brings the realisation that you have already begun to pay the price. You have the character and personality necessary for you to construct the life you want and do the work you need to do so your endeavour can begin and grow to completion. Anything else

would not allow this to be so. Realise this and the sky is the limit for this stretch of the road.

Coming to know your inner strength is a better use of your time than looking inside to discover your failings. Failings in your personality are irrelevant to the purpose of your endeavour. They are not necessary and so are not really failings. They can be a way of expressing your inability to waste time.

It is better to use your energy to produce your endeavour than spend your time trying to be everyone's friend. Such social engagement inhibits your ability to spend time on what you need to do.

Hold your own counsel and others will not know what you are doing. They can have no criticism and eventually will accept that they do not understand what drives you.

Any endeavour by any human being upon Earth can only go as far as the inner self-confidence and inner strength can take it. Knowing your endeavour and knowing its purpose in your life helps you comprehend how long your association with it is likely to be. When you fully understand its purpose you know whether it is going to benefit only you or a wider group of people as well. The sky is the limit for those who understand their capabilities. An endeavour that is worth your energy can grow as large as you need it to be to produce the result you wish it to produce. You are its only restriction.

You cannot know its outcome until you reach the stage of its outcome. At the beginning you only understand the first step you are taking. Along the way you produce what you envisage as contributing to its growth and maturity but you still cannot know its outcome. You can only perceive possibilities.

You become aware of the final outcome after the first two stages are completed because wisdom can become apparent. When the outcome is what you seek it to be, you continue. When the outcome is not what you were looking for, you may move in a different direction, taking your endeavour with you in a modified way or you may continue, still believing the outcome you envisage

to be possible in due season. Alternatively you may relinquish the endeavour and move to new pastures.

It is hard to see purpose because there are certain things that need to be achieved. Any karmic residue that needs to be rectified must be completed or at least partially completed. It produces purposes that are important and possibly short lived.

They can easily be read as failure, but they are not. Once they have served their purpose they become redundant to your life and fade away. You are then free to move in a different direction having completed an important step.

There are people you need to meet because their association can reinforce your self-confidence and your inner strength and you may do likewise for these people.

There are times of rest because physical life follows the ebb and flow of energy so apparent in the tides of the oceans. Timing is difficult for most people because they no longer listen to the language of the Earth and hear the timing that it produces.

This is why many opportunities are missed and have to be presented later in a different way so they may be recognised. Often an opportunity is not grasped until its third presentation but when it is important it is presented more than once.

An endeavour for your personal growth may also present as a desire to initiate and complete. It may take a short time or a long time and may run concurrently or prior to an endeavour that is more altruistic and possibly the most important of all.

Those who do not find purpose and do not find their inner strength and self-confidence can all too easily try to destroy those who have discovered what they are capable of. It is not necessary to include these people in your life when you have a more sublime purpose. They absorb your energy and slow your steps.

For most endeavours that mean anything, you travel alone. Accept that this may be the price to be paid. When you look at the affairs of the human family, those who have worked in partnerships frequently can do so only for a short time because

once self-confidence and inner strength grow each has his own idea, and wishes to follow where it takes him.

Have the courage of your conviction that you have what it takes to put your endeavour into action; that you have what it takes to work for a result in any endeavour you choose. With the courage of your conviction you are showing the universe that you know your place in its life and wish your life to produce something for the universe.

You are acknowledging that you are a creator and wish to create. You are acknowledging that your place in the world means something. With your inner strength and self-confidence you are acknowledging that your ability to be alone and work hard to produce what you would like to see produced, regardless of the outcome, is a great purpose in life.

Man is productive. To be productive he needs courage, inner strength and self-confidence, so lie in the field and dream. Look at the sky and see your dreams taking shape in the clouds. Look at the seeds produced by the crops for generation. Watch the insects work hard to produce their life. Gaze at the tall crops waiting to be cut to maintain life in those who will use their goodness and energy so they can live well.

Beating Heart of the Universe

People use words as a camouflage. They use their words to hide the essence of their heart so its secret chambers can remain a citadel of privacy.

The world today has a large population. With a large population come large cities that produce noise. Noise is natural to and accepted by city dwellers.

The countryside also produces noise but it is the sound of life, not the clamour of the manufactured goods of the city. All that is manufactured by man produces noise that causes the citadel of the heart to be fortified.

Why do men and women wish to keep secret the murmurings of their hearts?

Do they believe the heart so tender it can be easily accessed and injured?

Are they afraid?

They are afraid that if the heart is stormed they will lose control of their justification for the life they are living.

How do words mask the beating of the heart?

Words set up a vibration of sound that is incompatible with the silence of the heart and drowns its quiet murmurings. Speak words out loud often enough and you will believe them, even when they only skim the surface of life – a justification for personal action, or praise for someone to be impressed or accepted by.

The sycophant and the harsh judge both use words that produce the same result. Truth stands at the centre of everything that is and uses few words, but what is used pierces the heart like an arrow to crack the exterior and expose the beauty of what lies within.

Why does modern man not wish to portray his true heart?

Do this and he will not be accepted by the majority. He is afraid of the loneliness that will result from exposure. Only he who wants nothing from another will portray his true heart. By not wanting anything from another, he does not place himself in another's power. Should he be sent to coventry or not included in activities on offer, being happy in his self-identity, he will travel alone. Acceptance by others is not important to him. In some period of life this may be so, but not for his whole life. This outlook is evident to those looking towards him so they do not know how to relate to what they see.

How can anyone not be afraid of loneliness?

How can anyone stand alone and continue to be content?

This is not seen as normal. Such strength inhibits conversation for nothing can be asked. As a reaction others speak of themselves – affording their opinions and judgements. Should he who stands alone venture a comment it is quickly negated as worthless, if it is heard at all. This is the ultimate way for others to justify themselves.

Can such mismatched people share a space in life?

Each person can look in the mirror and see his soul but it is a daunting activity so most people do not wish to initiate this experience. To look into your soul through eyes that look directly back exposes the strengths and weaknesses within, most of which people prefer to mask from themselves and the world.

When you can do this your heart is open but it is still not easily read by another. Its simplicity is unacceptable to those who use words to create walls of defence around their hearts. Should they ask a question of he who stands alone the answer would storm the citadel of their hearts and expose what they perceive as their weakness.

This perception of weakness is the succumbing to the emotional effect of events. Those who fortify their hearts react to events in such a way that others will perceive them as they want to be perceived. It is a construction of personality through words that instructs others how to react to them. They are using words to conduct the event so it can be how they wish it to be.

They do not realise that the one who lives a life of simplicity and whose heart is open for inspection is aware of this scenario but does not mind playing the part that has been allocated, for it touches his heart not at all.

In so doing is he not playing a part in the construction of the citadel of another?

Yes and because of this karma is invoked and he will be part of the deconstruction of the citadel at the appropriate time. At that time those who use words as a protection will see the simple heart.

They will understand that any part it plays in their own lives is acceptable, but in reality any part they play is not necessary, for the open heart can be accepted for what it is – a clear, simple and pure resonance of the beating heart of the universe.

Into the Deep

We are part of Earth life because we are part of the human spirit. We are also part of each man's soul because all that he is experiencing we have experienced. We have your best interests at heart so when we speak to you we speak from our hearts to your heart. Because of this a road between our hearts and yours has been built. It is laid deep within your psyche and can only be accessed when you search for its entrance through your desire to travel it.

When you step onto this path part of me and part of you merges and our lives become intertwined once again.

We remind you of what you know. We remind you of your joy. We remind you of your hope. We remind you of your clear direction. You know all these things because they lie deep within you but you have to reach into the deep to find them once more. They do not relate to the fleeting happiness you glean from physical experiences. They relate to the innate foundation of who you are that is a constant in your reality that lies beyond physical life.

These things are your birth right. They are your heritage. You have known the fullness of their capacity before and shall once again. The road that leads to the treasure house where they lie does not appeal in Earth life because along this road what cannot travel with you are your thoughts of physical life

and your personality that belongs to the self you believe yourself to be while upon Earth.

This road into the deep opens the door to a greater reality of which you are part. It is not an unknown path and is not to be feared but physical life is a deterrent.

We walk towards you holding out our hands to welcome you on this journey into your known greater reality.

What do you want to know?

How can you recognise what we can tell you?

How can we tell you when your physical mind is not invoked?

At some stage in your life you have experienced a driving urge to do something. You have no reason and you have no thoughts concerning this urge. It is something you need to do. You have no thoughts on whether it is good for you or not. There is no description of its possibility. There is only a knowing that you are going to do it. Something inside you is determined that it shall be.

This is how we remind you of what the greater reality of who you are wants to do. There is no discussion. There is no bartering. No reasons are given. All you know is that you are bereft when you do not do what you know you need to do.

When you reach into the deep it communicates to you in this way and directs you along your path in a way that is only good for you. It offers no promise. It offers no outcome. It offers nothing but you experience sureness of foot and joy. You are confident that you know what you are doing, so you are doing it.

Everything you have experienced, we have experienced. All the turmoil that swirls within you, we have seen and known. This is why our hearts can speak to yours. Because we are in a greater reality than you, with greater freedom of access to all

that it holds, we can be a conduit for what is available, should you ask for it.

We can offer you guidance according to what you wish but when your heart does not truly seek guidance, nothing is forthcoming.

This is not guidance for physical life because you are quite capable of seeing and doing what must be seen and done. You are quite capable of creating the life you choose to have. You do this when your desire to create is strong enough. You are quite capable of achieving what is achievable in the life you have been given, in the place you have been taken to, for the length of time you have been allocated.

Wherever you have been placed you have a physical purpose that is a driving force from your soul. You have smaller purposes that give meaning to your days but you have a greater purpose that belongs to the deep of the greater reality. Reaching into the deep to find this greater purpose and direction brings contact with us. We can then direct your search to the best place that can give you the knowledge and guidance you need.

This guidance is given by those of us who are compatible with and part of what the deeper reality offers you. We are not seeking to be a part of physical life for if physical life was what we wished for we would be there with you. At this moment our purpose in life is embodied in the greater reality that incorporates the lives of humanity upon Earth and in other worlds.

Is not the human spirit truly magnificent in its ability to adapt to all worlds, find purpose in them and achieve great goals of goodness that embody the greater reality? Not for the human spirit is the road of individual, selfish endeavour. That belongs to the personality of Earth life that allows only the tiniest spark of spiritual light to shine through. What is then achieved can only be fleeting; gathered over time, absorbed

into self then floating away to evaporate in the aura of Earth life.

What is reached for in the deep is the core of the human spirit – a reality that is beyond time a permanent component of the human spirit and a necessary colour of the garb to be worn in travels through infinity.

We are guardians of the deep. We stand at the Gateway to your soul, waiting for you to open its door to the light that it is reaching for in our environs. When you open the door to your soul it only opens to its aspirations of goodness. All else remains within, veiled from our purpose. For a brief moment you are at one with life and know a deeper purpose that has no description or explanation, yet exists. You sense it and you know it. You know you belong to a greater reality and with this knowing your fears that are part of physical life diminish and fade away.

Reach into the deep and you will no longer need distraction. Reach into the deep and you will understand that all distraction is transient and ephemeral, diminishing as it is experienced then fading into the mist as it travels its journey into extinction.

The deep gives you permanence that is unknown in physical life because experiences on Earth cannot be permanent. They are fleeting and transient as is all that happens on this particular globe. A reminder of what is permanent gives you structure in your life and the confidence to know that you will continue.

The amount of guidance we can give you, the quality of its content and its encouragement travel on the beam of joy. Its reality is severe for it restricts your dreams that are really imaginings. Joy is the wrapping around truth. Joy coats the Sword of Truth that removes all excuses, imaginings, descriptions and constructions.

You open the door to your soul after we knock on it. Your desire for truth flies on the wings of your higher mind and connects with us. We then show you the path of travel to the place of knowing best suited to your desire and request.

We give you hope when you are despairing. The lack of permanence in physical life breeds loneliness, so we show the way to the place where you can access what knows no loneliness in the Greater Beyond.

When you can go into the deep within, you filter through to your Earth life all that is beautiful so that the transience of despair and its accompanying attributes are no longer experienced.

Faith, hope and love arise from the deep within you and are all you need. Everything we bring you is encased within them. They allow you to live your physical life doing everything you need to do and remain in harmony with the deep within.

Approach of the Warrior of Truth

Riding towards me the Dark Knight held out his hand. With one leap I was behind him and galloping towards the Golden Dawn.

Just short of our destination he stopped so I could alight. Bidding me farewell he galloped on and I turned – a parallel course – one more direction that I must travel alone.

Task of Sleep

The human family is spread across two worlds. Living under the umbrella of a spiritual sun that provides for the life of their souls, its members travel between two worlds to gain knowledge to apply to their lives. On Earth they live under the umbrella of physical life that radiates from the visible sun in the sky – a reflection of its spiritual counterpart. Additional energies travel via the planets to bring knowledge and

experiences to those who seek what is offered in the time it is offered.

Always they are commanders of their own destiny. Never is the way they live controlled by an unseen fate.

Because all human beings belong to one family, what happens to one person can happen to all others. Each heart beating on the planet is affected by all hearts beating on the planet, so everyone needs to take care that they contribute to the physical and spiritual welfare of others.

Many people live amidst violence, hunger and poverty and in countries whose social customs or laws constrain their activities. Those who live in lands of peace and plenty have many ways to contribute to the well-being of those who are shackled.

Man belongs to two worlds. He may appear to live in only one at a time but he experiences both simultaneously throughout his life. Material worlds are organised so the solar system allows for sunlight and darkness to exist on part of the Earth every moment of every day.

During the hours of daylight man performs tasks necessary for his physical life but his thoughts and intentions continue to travel the globe to inspire and influence others who can respond to them.

During the hours of slumber he is released from the hold the physical world has upon him. During this time man can travel, not only to the spiritual and etheric worlds of his choice but also to people and places upon Earth to whom he directs his care or with whom he has a karmic connection. In less than a second he can travel to inspire others on the other side of the world during their daylight hours.

In this way every person influences everything that is happening upon Earth. Every person is contributing to how life upon Earth is being played out. Every person is contributing to the metamorphosis of the human family and to either the

advance of civilization or a retreat into ignorance and superstition.

Thought control is important because thoughts influence others and their lives. Let your thoughts be of love. Let your thoughts instigate gentle behaviour. Let your thoughts inspire goodness that contributes to the welfare and well-being of all people.

All thoughts are shared so no-one is alone. All hearts, when open to love, bind to other hearts because love is a common denominator. People who have love in their hearts give and receive the best of what is within when they influence others during their days of sunlight and their nights of darkness.

Give thanks to the source of inspiration for it is an encouragement to live well.

Inspiration can be an encouragement to take new steps. It can be an encouragement to become educated about interpenetrating worlds and the philosophy of a continuing life. Everyone can contribute to the welfare of others. Everyone can inspire others. No-one needs to feel that they are living alone.

The Great Spirit, Divinely empowered, is the umbrella over everyone and everything.

Winds that Blow

Your life can be best understood in the context of the world you are living in at this time. The place where you have been born drives you to achieve what you need to achieve to realise your purpose for being upon Earth.

The foundation for a new direction has been laid by those who have gone before. Although the direction seems unclear it grows out of the existing foundation of learning the world has already received. When the Seeker of Truth looks back to the learning the world has already received, his way forward becomes clearer.

What is the Western Civilization that is taking a dominant position in world affairs?

The Western Civilization is an outward moving culture based on travel. Its reach is global. It no longer represents the countries of its origins that initiated its expansion by building empires overseas.

We do not wish the world to return to the times of Babel – a multicultural city with diverse languages whose inhabitants were divided because they were unable to communicate with each other. In present times there are many gifted people who speak more than one language and this skill is moving populations globally in new directions, heralding a new society.

The Western Civilization now includes people from many cultures and backgrounds. United by their common use of the English language that has become a global business language they are still able to maintain their hereditary cultures, should they so choose.

This global situation is not apparent in recorded history because cultures remained within their countries' boundaries, whether these boundaries expanded or shrunk. Today's situation is a reflection of the life of the spirit that knows no division between people.

Is this not a first step in tearing down the walls of division between peoples?

There is little in the history of the Western Civilization that promotes the spiritual capability of the individual, but this is changing. The spiritual foundations of the Western Civilization are religious and they originated in the East. In recent years beautiful souls born there have exported its historical spirituality and knowledge to the West. This has expanded the existing foundation of Western spirituality to include and promote the inward journey of the individual who is spiritually seeking, but not through creed or cult.

Let us give thanks to these beautiful souls who devoted their lives to carrying the message from East to West. They have contributed more than they know for it is important that the knowledge of the East becomes available to the Western messenger for he can freely travel the globe.

In return the Western Civilization has given the East the technology that can protect their sacred scripts and knowledge while making them available to people of all cultures. Rising from this foundation of knowledge laid with the efforts of those who have gone before is a new and pliable construction of understanding that is stronger than the rigidity of the past.

The sapling with its youthful, rising sap that seeks light, has ahead of it a life of rapid growth leading to the strength of full maturity.

The Western Civilization is beginning a new journey as people strive to bring new skills to a changing world and banish ignorance. Technology, global health and unity between all men and women are being embraced as society tears down walls of difference that in the past were constructed around communities.

These walls are being replaced with walls around individuals for their reliance on technical tools for communication is diminishing their social communication skills. They are becoming isolated and are having to learn how to deal with social isolation.

Let us give thanks to the forebears of all cultures for they have contributed to the melting pot that has become the Western Civilization today. This is an important time of change because the Western Civilization is producing the messengers.

Current and future technological tools of communication reflect human capabilities. Whatever these devices can do, human beings can do. Complex communication skills are reflections of the powers of the human spirit and are latent

within all people. With communication skills taking a position of priority in today's society, the need for all people to learn thought control is a high priority. It is the foundation from which all communication skills grow but today's climate of free will makes thought control difficult to achieve.

There is abundant choice of where to direct thoughts and actions. As people leave sects and religions they have to promote their own strength so they can move into a different future. Its direction is dependent upon what they choose to think, learn and believe.

The greatest difficulty with so much free choice is the availability of material goods and leisure activities. A purposeful, spiritual direction can so easily be placed on hold for another day. Another day comes and goes quickly and the time can easily be lost forever. It is not easy to renew a path of learning and self-discipline once it has been forsaken.

We come in numbers to surround the Seekers of Truth so they may find the strength to push aside the many distractions and develop their deeper purpose in life.

The spirit knows only its drive towards the light of the One God. It knows only the way of expansion through knowledge, learning and appreciation of life in all its manifestations. This is how we see the future focus of the Western Civilization.

Now is the time of the way of small changes. Individuals can learn how to live the life they need to live. Let it not be solely in a physical way that is blind to anything else. In the time of small changes individuals can learn how to appreciate the character and skills of that spiritual part within them that represents their humanity.

With or without creed and beliefs, individuals can discover the beauty of immortality within. They can bring its principles into their daily lives. They can learn how to achieve their material goals with the integrity and goodness of their hearts.

In the times of small changes the individual has a great opportunity to change himself.

Let us give thanks to those willing souls upon Earth who are contributing to the advance of the Western Civilization by taking advantage of the time of small changes.

We ask blessings for all people upon Earth today. Through learning they can light the way for others so none are left struggling alone in the dark. Hope in this time of small changes is alive and available for all, no matter their present circumstances.

Let us give thanks for the intriguing Gift of Life that changes and moves according to the winds that blows across the face of the Earth.

Technology – A New Mythology

Man has always looked to the heavens to help him understand his world and his place in creation. He gazes skywards and discovers, not only the sun as the giver of life, but also planets and stars lighting up his skies.

He applies his awareness of the majesty and power of these orbs in the sky to a belief system of correspondences between them and all systems of life he is aware of – plants, minerals, animals, the world of Earth and himself.

His list of correspondences between the orbs accompanying his world in the skies and all he is familiar with upon Earth grows. He views the Lords of the Planets as gods to be worshipped, placing them under the jurisdiction of the sun – the giver of life – the supreme creator. Everything he is aware of participates in the dance of life – their relationships interweaving with his own.

Having now come to the realisation that he is made of the same materials as all that fashions the material world around him, through education man is moving beyond superstition and blind beliefs.

Man has always reached for something greater than himself. The foundation of this learning is with nature and her elements that he can see and personify and through his inner perception of a creator whose existence is unseen but sensed.

Part of man is part of nature. When he perceives nature in his external world she makes him aware of her hand in his material construction. He can only perceive without what he has within so because he is made of the same materials as all physical life what he perceives is a mirror held before him.

He discovers how everything is created and in what order. Perceiving himself to be fashioned in the same way, with the same materials, he applies specific correspondences to his world, his own body and his creative abilities.

Man's creative ability is his connection with inspiration. His physical creations are limited to the materials of Mother Nature but as he discovers more about the Laws of Nature he discovers more ways to use her materials.

Part of man is also part of an unseen world. He perceives this part as a spark of light that not only gives life to his material nature but is also the essence of his creativity that comes from within.

This spark or ray of light comes from a Greater Life beyond physical worlds just as the fire and light of the sun comes from beyond the Earth. Man has assigned to this spark of life within him, the nature of his creator. This creator as the One God within man, has been organised into belief systems by various religions down through the ages of man.

Because he perceives that he has a spark of life within him from the One God, it is easy to understand how man can misinterpret its essence. Down through the ages he has consistently done so.

He has moved from giving worship to a Greater Being from which he emanates, to behaving in a godlike manner. Believing himself to be as a god he asserts his dominion over his physical world and all who live in it.

He now views his world as too small a dominion and tries to move beyond the Earth towards the planets and stars, to which he previously assigned the role of gods, seeking to wrest dominion from them and become more powerful himself. He has constructed machines to make the impossible possible.

As he learns more about the material world it opens its doors to him and reveals its construction and function. Modern technology is the result. New ideas and methods of construction are being launched through technology that is becoming a new mythology.

Technology is a term that denotes skills and processes used to produce an outcome.

Is man going to allow technology to cause him to act in a godlike way once more – believing that through it he can control everything?

With modern technology man can extend his life but he cannot create life or prevent its flight from the physical world. His attempts at control over his environment and all who live in it and his search for eternal youth stem from the other side of the coin of Janus that deals with the eternal and immortal part of man's nature.

This knowledge of immortality and eternity is intrinsic within man but it is only relevant to his soul and spirit. Man misinterprets this reality as he tries to apply it to his physical life and body.

How powerful is man and can he ever subdue nature?

No matter his goals, his will or his drive to become what he thinks he can become and establish what he thinks he can establish, man's length of stay in the material world is short. He can put his ideas and desires in place but he cannot maintain what he creates.

He may lay his concrete but nature asserts her greater strength, reverting all his creations to their former states as soon as man ceases to preserve what he has produced.

Man's creations remain for a time then nature biodegrades them. The surface of the Earth reverts to its natural state – trees, bushes and a carpet of grass covering rocks and minerals, all of which provide what is necessary for life on Earth to survive. The little blade of grass is stronger than man's mightiest construction.

All that man creates is destined for ruin. Rubbish and ruins are the result of his dreams so when he creates he should be mindful of how nature can biodegrade his creation in a future time. It is not for man to create any permanence. He is a guest upon the Earth, as is all he leaves behind.

Mother Nature is concerned only with creation that lives and loves, so when man leaves the Earth his material influence leaves with him. All that remains is a memory of his love that can inspire new dreams that are born with those who follow.

In relation to nature how big is man?

Bury man or scatter his body's ashes and in relation to the size of the Earth he becomes as a grain of sand on the beach. Yet man is greater than a grain of sand. His spirit is greater than the Earth. His spirit has capabilities that are greater than nature. What the spirit of man is capable of is infinite in nature and it belongs to infinity.

Man's journey through physical life is to discover the keys that open the door to his infinite nature. Once open, where his interest lies is where he can achieve great and wonderful things that enrich his physical life that reflects what lies behind the doors that have been opened.

Where man's interest lies, that is where he can develop. His only limitations are the Laws of Nature that bind him to the material world that is his laboratory. All his functions work within the Laws of Nature but his heart and mind are capable

of applying the principles of life from Greater Worlds at the same time – neither diminishing the other.

Should his interest lie in manufacture, according to the Law of Janus, he can produce what makes him money. This allows him to indulge his choice of lifestyle but does not necessarily enhance the world or the life of the people who use what he produces.

Through the influence of the other side of this coin he may produce what addresses problems in physical life and at the time provide greater ease and comfort for those who use what he produces. Simultaneously he makes the money he needs for his lifestyle.

Apply the same interest in manufacture to spiritual life and man can use his creative gift to encourage others to enrich their environments. This promotes learning and endeavours that are unselfish.

What he achieves is coloured by an attitude that is either selfish or unselfish. The selfish attitude has tunnel vision and seeks speedy outcomes of gain for self. The unselfish attitude has a wider, long-range vision of what can benefit not only self, but also those who participate in the endeavour and those who use what it produces.

Love is the currency of the Greater Life so man always seeks love, although often to receive rather than to give. Because love is the currency of life all who have life seek it. It is present in some form in everything that has life and is available in every situation and every development.

Love is the most valuable asset man can ever have. It makes the impossible possible, able to overcome hurdles because it carries changes for good.

Money is the Earth's physical currency. It can be hoarded for self or shared with others but love is a universal currency. It always seeks to share its essence. Man can spend his whole life seeking love and believe he has never found it, yet it is always waiting for him to recognise the face it presents.

When loving self is the choice of preference over loving others, all that is beautiful about love retreats to an inner place waiting for the heart to become more expansive. With a greater expansion of the heart greater advancements are made in comparison with those made for personal gain.

All learning, advancement and technological invention comes to man through the airways because his mind has progressed in the direction of what a particular airway makes available. All is given to help man. All is given through love by those who live in a state of greater advancement.

Technological advancement is made available for man's discovery to increase his knowledge of the world of Earth and improve his life in this world. The bias of each discovery comes from the intention of people working to achieve in this technological arena.

Does each technological advancement lean towards what is good for the Human Family or does the bias lean towards personal benefit for those involved?

When the intention is for personal gain what is shared with the people may only be a crumb from the table of technological advancement that is in existence – just enough to keep the people in awe. Present the people with a few amazing toys and they will be satisfied. So much more is already available and as man awakens to his capabilities and continues to strive to learn, more becomes possible than what exists now.

Let man not believe himself to be as a god in these days of technological advancement. Let him not believe he is a creator in his own right. Let him remain connected to humility and continue to worship a creator who has permitted him to receive through inspiration when he earns the right to receive.

There is so much more to be given to man and even more to the humble man who seeks neither to rule nor control. Those who believe they have achieved greatness, above

others and more than others, have forgotten that they are not creators but recipients of knowledge. They have forgotten that they are still as the grains of sand upon the beach.

No technological advancement and no adulation from others can change this reality. Love alone can lift man up. It is the currency that travels through physical life, soul life and spiritual life. It is the currency that regulates emotions. It is the currency that attracts greater knowledge and learning in those who perceive its face.

Look to nature to learn about man and what he is capable of achieving. Look to the planets and stars of the universes to learn about the Wheel of Life that rolls through man's world. Discover how to work with their forces – the four known forces of nature (possibly five).

Look within to learn about the inner worlds that house the Adytum of Knowledge and Learning. They can teach man about life, of which physical worlds are but a reflection.

How is Technology a new Mythology?

Technology can require those in its specialised field to reveal its mysteries to the uneducated. This creates a new ministry that is in a position of power over the direction of peoples' lives.

The purpose of all technological use and the choice of which technological advancements are to be given to others is chosen by these ministers for all is as a myth to those who do not possess a technological vocabulary. Most is seemingly impossible for it seems to outstrip imagination.

Only education can demystify the myth. Education creates the advance of a civilization when it is coupled with learning from inner worlds. Inner worlds are the source of all knowledge that becomes available to man through inspiration and it is inspiration that leads man to discoveries and inventions.

Technology is the result of scientific research that analyses the construction and nature of life. These scientific

hypotheses can shatter previously held emotional or religious beliefs because they change peoples' view of a Creator or God. No longer is God beheld as a figure above – more a Source or Presence pervading all life in some form.

Man is coming to realise that he cannot perceive or know the concept of God or Creator. He can only perceive or know of the materials with which he and his world are made. They are of a material nature, soul nature and spiritual nature.

In an Age of Materialism all that is physical is worshipped and all that belongs to the inner nature of man is buried deep within. All that is material becomes a new goal – a new god, with technology its minister. A new belief system that has its own personifications and symbols is evolving as man talks to machines and follows their instructions yet they only compute what his mind is capable of computing.

Should man allow technology to atrophy his mind by causing him to become self-absorbed and hypnotized by what it makes available, he will contribute to the development of a time in which he has never had so much freedom, all the while being isolated, controlled and monitored.

There is a new man born to the Age of Aquarius. The new man has prophetic vision through an expansive heart combined with a highly, educated mind. He heralds a new way of life in the changing times of the Aquarian Age.

Truth

Truth states what is, and elucidates on function and processes.

Truth is associated with the birth and maintenance of all physical matter and the structure in place that maintains its integrity.

Truth is associated with the forces of nature that have been set in place by the Lords of the planets to ensure all is as it should be.

Truth is associated with the energy and power of the sun that is the source of physical life in our world.

Truth is associated with the expansion of the spirit that migrates to all worlds.

Truth is associated with the force and energy of the human soul that envelops the spirit – hiding it from all that is of a lesser vibration in any environment.

When the messenger brings truth to the Earth in some culture and in some Age material forces are revealed. The use of these forces promotes differentiation and exclusivity. In history their processes have been named astronomy, magic and alchemy which include many sciences, all of which bring great good to man's life.

Differentiation and exclusivity produce specialisation that is promoted by materialism through the process of divide and rule. Specialisation prevents any one person achieving complete knowledge of a system. This allows the materialist to maintain control of both the intellectual property and wealth that is the outcome of its application. Wealth and power result from ownership.

When this system weakens there are always laws that can outlaw participation in an area of expertise. Knowledge can be controlled by an education system when it is designed to promote a desired workforce and weed out geniuses who can be used to advance hypotheses and theories into practicality for the materialist.

Geniuses can be provided for and paid for with offers of security, wealth and power when they answer to a corporation or a wealthy entrepreneur who can use what he learns to create a gap in the market for his product.

The environment of wealth and power is not a habitat in which the eternal verities are encouraged to germinate and grow, so the Seeker of Truth has no place there. His life is quiet and reserved – inductive to the discovery of the seeds of truth he wishes to germinate.

As materialism in the Age of Aquarius grows, preservation of seeds of truth will become a high priority for Seekers of Truth. This is not preservation of what is already loaded in the vaults of the rich materialist, lay and religious, for these documents will never see the light of day until the Citadel is stormed gently. Those who would physically storm the Citadel have a destructive nature that usually leads to either the burning of valuable manuscripts or their sale to a private collector.

When it is the destiny and time for the manuscripts to resurface, they will, and probably in a most unlikely manner. Seekers of Truth are always reaching for greater knowledge. They live all over the world and are waiting for the time of the Great Reveal. When their numbers grow so can the situation that will bring about the Great Reveal.

For now truth sows the seeds that produce the first step away from materialism. This step must eventually be taken by people who are living in a state of confusion – whose lives are built around gain, yet they do not gain – whose lives are built around searching for happiness, yet they only find it for a fleeting moment – whose lives are built around pleasure, yet it brings no relief to their aching hearts – whose focus is on accumulating people to fill their emptiness, yet the empty space is never filled.

Without realising it, they are constantly rejecting truth and those who highlight it for they have little interest in associating with either.

When people are confused they do not know what they want to do. They only know what other people tell them they need to do. The Seeker of Truth knows and understands this situation. He is unconcerned and does not react to it or change his path. He does not delay or halt his search for Seeds of Truth.

The first seed sown can draw the materialist out of the shadows. This seed builds self-confidence and belief in self.

People who practise believing in themselves become practised in believing. This leads to believing in something outside self. Although beliefs can be a cage, as a first step they can evolve into something else.

By believing in themselves people learn how to manage their material life without being controlled by it. When they learn this skill they cannot be bought by those who live in the shadows. They cannot be bought with promises of a better material world.

The next seed sown shows the benefit of wide-reaching learning and study that can be constructively applied to life. This directs the aware person, not necessarily towards a working life that produces large amounts of money, but a working life that provides a way of life that has appeal, and interests the heart.

The next seed sown produces the philosophy of goals and the tenacity needed to achieve them. With this understanding the true meaning of success and failure leads people towards independent lives.

Truth walks on every path, including the path of the materialist. Man is living in a material world so truth must travel that way. Placing the material life in perspective through creating a sense of achievement can lead to periods of happiness.

People can walk with head held high and exhibit more confidence. They can raise their eyes towards the heavens and receive a passing Seed of Truth that blows through their minds; or it can come via a brown pebble felt underfoot, a falling leaf from a tree or a passing stranger.

To the observant a facet of truth always presents. To the unobservant, it is absent. It does not exist. No matter what people believe, truth is always present, waiting to be discovered by the heart that can recognise it, waiting to be breathed in and absorbed. When it is not absorbed, on the

outward breath it is exhaled, picked up by the wind and blown past someone more open to what it expounds.

Truth is present in physical life and on the passing it is present in a different world.

Law of Change and Movement

Let us look at the Law of Change and Movement from the two perspectives of Janus.

Love travels everywhere. Light travels everywhere. Life travels everywhere. They cannot be seen or recognised until they reach their destination. They cannot be contained within the place of their destination. They remain part of a continually moving, creative force that travels.

It is difficult to sit quietly without thinking, moving or talking. A calm person generates an inner stillness but this does not mean there actually is stillness within.

The person appears to be still and quiet but inside love, light and the spirit of life are moving through every cell of the body – replenishing and stabilising so that more of what they are can be attracted to each cell. They are doing a job that is otherwise only done during the hours of sleep.

The Law of Movement and Change indicates the propitious time to move and the propitious time to be still. Working with the law promotes the ability to recognise opportunities and take them. At the appropriate moment immediate action can be taken because necessary preparation is completed. The plan is already in place.

With direction focused, yet open to change, the unexpected can be embraced. A doorway can be opened and inspiration that indicates the time for movement can be received. With correct timing, events can develop as they should, only directed by the individual when necessary. All is possible when the heart and mind are open.

The other side of the coin indicates a restless soul who is never satisfied with what he has but is never sure of what he wants. He constantly moves. His hands and his feet are rarely still and he speaks rapidly in a nervous manner. He has hopes and wishes but he does not follow through with his ideas and plans. They are without focus or a sense of direction because he constantly changes his mind. His speech does not translate into focused action for he has no foundation of skilled, work ethics.

Both sides of the coin of Janus reflect the Law of Change and Movement. On one side planning and activity is undirected due to a lack of self-confidence that is accompanied by fear. As a result opportunities for change are constantly missed.

On the other side of the coin, when the Wheel of Life turns, the opportunities brought by the Law of Change and Movement are recognised. With self-confidence these opportunities are fearlessly grasped. The individual, able to promote change with wise decisions, then surrounds himself with others who are confident. His weight is forward for he is ready to test the waters then spring into action with the arrival of the inspiration he has worked for and yearned for. He is ready to take the chances that the Wheel of Life offers.

All that travels from spiritual worlds does so faster than any thought or word spoken on Earth. When a question is formulated in thought and directed to the spiritual teachers, the answering message appears in the mind in picture form and the meaning is relayed as thoughts. This all happens before the question is completed in the mind. Inspiration, travelling at the speed of light, is received before the question is completely formulated.

For example:

What shall I do with these books?

I am presented with a picture of a beautiful stained-glass window in an old building.

The light enters the building through the stained-glass window that acts as a prism. The light refracts into different colours as it hits the walls inside the old building even though the source of the light outside cannot be seen.

The building is an empty church – a holy place – that of a full heart. The church is old and derelict, signifying an empty heart. The window is as pristine as the day it was placed in the building, signifying that eternal verities are unchanged – their books of spiritual teachings available to both full and empty hearts.

The light from outside signifies the Wisdom of the Ages. As it shines through the prism of the stained-glass window it refracts into separate colours, signifying the varied perspectives of teachings from the Wisdom of the Ages that are applicable to the heart in these times.

The message is:

The books are for the Age of Aquarius. Park the books. It does not matter where, for they are reflected light for the common people. At the appropriate time their beauty will be discovered. One day a Seeker of Truth who is searching and searching will find them. He will stumble past the church and recognise the value of the stained-glass window.

He will be sincere – his soul aflame with an urgency to find truth. Not wanting knowledge so he can be seen to know more than others and not wanting enlightenment that brings bliss, he will recognise the knowledge and enlightenment contained within the verities of the books.

In the Age of Aquarius enlightenment is carried by responsibility. What is discovered is to be shared, and this the Seeker of Truth will do. Uncluttered by the need for the pleasures of life, with a strong knowing within and few words,

the Seeker of Truth will only unearth what inspires his soul to travel further afield and stretch its capabilities.

This Seeker of Truth cannot avert his skyward gaze. He sees the Creator in every part of life. His feet are firmly on the ground and he understands that physical life is short. His heart and eye single are open. As he gazes around the physical world he simultaneously focuses his attention upon interpenetrating worlds from afar.

When the sincere heart asks a question the answer arrives as a vision faster than the speed of light. In a split second the meaning follows – wrapped in words. This is inspiration. With its vision and words it brings peace and good timing. It brings certainty that people from other worlds share the space – intermingling, supporting, guiding and most of all loving.

The Seeker of Truth welcomes simplicity in physical life so he is content with what he has. He has no need to restlessly move here, there and everywhere looking for new experiences. The goal of his heart brings the experiences he needs towards him. He has placed his heart in the hands of the Lords of the Universe so it may be inspired to become greater.

This is true movement for it brings expansion of the heart, expansion of the mind and expansion of the spirit – made possible because they are open.

The heart that beats for love is open to all people. When others recognise its integrity, they receive its love. The mind that is served by inspiration is open to all people. When others recognise its integrity, they receive its humility.

The language of inspiration is more than words. When others recognise the integrity of inspiration, they receive its wisdom.

The goodness of the soul is open to all people. When others see its integrity, they receive its knowledge.

People can be inspired, loved and motivated to change and move in a purposeful direction that embraces the people of interpenetrating worlds. They guide, love, support and encourage so the people need never feel that they are alone.

Legacy of Influence

No man is an island

All members of the human family come from the same spiritual source. They remain attached to their source and attached to each other, no matter which world they live in. They experience the same joy and pain so they understand each other.

Spirit was living a blissful life working for expansion in creation. The material body ages and is difficult to live in so it is difficult to understand why the spirit wished to enter the body and why it became attached to matter. The spirit of man is a perfect creation. As a created being its drive is to contribute to creation. The earth is a place where it could use its creative abilities. It did so, but becoming engrossed in what it produced, it desired to experience life in this simple life form – the physical body of man.

Once in the body the spirit felt a restriction and found it difficult to maintain its identity, characteristics and capabilities. It fully experienced every function of the physical body, but not regarding time it contributed to the outcome we see today. The laws of physical life came into play for the spirit of man. Its job now is to work through them until he can vacate physical matter forever.

Each spirit comes from the same source so no human being shall be left alone struggling in the dark. We shall wait until the last person is ready, then we shall travel further afield together, because no man is an island.

Everything created is created in its entirety, in its completeness – a state of purity of all that it is and all it can be. Within each created being is its potential for every thought, action and ability that is possible. This is so in the creation of the spirit of man and physical matter. Both make man what he is. Both can evolve to realise their potential.

Man's physical mind can be likened to a radio. He has minerals within his body, e.g. copper, which allows it to act like

an antenna – able to receive and transmit from both near and distant places. The frequency of his brain waves can be adjusted to accommodate an incoming frequency, and like the radio, a better reception is achieved when his mind is used to transmit.

To receive efficiently man must transmit. His transmission is his asking. It is his reaching towards a desired source of knowledge. His focused determination to receive by improving his antenna and fine-tuning his frequency is his sharing. When what is received is shared through its transmission, what can be received is greater. The more frequently he tunes in to the band of his choice the more thoughts he can receive and transmit.

As a receiving station man's mind comes under the influence of others. No man is an island because his mind is always influenced by another. No one can escape an influence so it is better that each person chooses what he is going to hear, what he is going to take note of and from whom.

What choices of influence are available to man?

The mind of man is not just his own. He shares his body, hosting other aspects of himself and other organisms, and he shares his mind.

There are shared pathways in his mind. He must strengthen his hold on the pathway of his choice, for through it he can receive what he has tuned his mind to receive.

Man may receive thoughts that circulate the Earth or he may receive inspiration from afar. Because he has knowledge of good and evil he has free will to choose which voice he is going to listen to. Choose he must, for should he not do so, what will be thrust upon him as his greatest influence will be thoughts compatible with what he already has in his mind – thoughts that have arisen from the goal of his heart.

Globally, when people share an interest, their lives or an event in life, even if they have not met, they simultaneously

contact each other because the same thread of thought is being received and transmitted by those involved.

Myriad voices hover the earth in the etheric field striving to influence any who will listen. Should any not have discipline of thought and a heart open to the spiritual light, these voices, that can be mischievous and of dark ways, are easily heard.

A common thread running through all belief systems is the presence of a guardian angel or unique Daemon. This is the presence that should have the greatest influence upon the mind of the individual. Better that this is the frequency man chooses for it can transmit to him the guidance and love he needs. Always from the greater beyond, this greater and wiser influence for good is available – a voice that can be heard. Eventually the individual who up to a certain point does not heed this voice, will do so because without it the emptiness within becomes a desolation.

No man is an island. Nothing remains contained within one person. There is a constant receiving and transmitting.

Not only are man's body and mind shared, but so is his heart. Look into his heart for a moment. He wishes to find love from another. When he does it comes into his heart. He wishes to give love to another. When he does, he shares what has come into his heart and it goes to another.

Man has experience of good and evil because he receives knowledge through what he does. With time he learns to choose wisely because the outcome of his choices reflects upon him and influences further direction.

Man has not completely fallen into the allure of physical life so he has not been deserted. He has not been left to founder.

I would not send one soul into the desert without a guiding light for the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go I send a guiding light to accompany them along their way.

The sharing of each part of man's self that attaches him to physical life has become a conduit for the love and knowledge of man's heritage to flow through.

The sharing is his connection to the place of his spiritual home and to others who share it with him. This is why man has the capability of remembrance within his soul. It is a way of return, but he needs guidance that can light the way.

Why are the moods of man so extreme in physical life?

Extreme moods are the result of an influence that is not for man's good. Such an influence leads him to extreme emotions. When anything becomes extreme it is no longer sharing. It is possession.

What is possession?

Possession is the allowance of another's will to dominate and override one's own. Possession can be as fleeting as one thought and one sentence that is acceptance of a frequency man's mind has tuned into. This one thought and one sentence bring a change of mood. When the next thought or sentence is of a higher frequency, the spirit lifts the soul and it becomes lighter again. The mind becomes clearer and the possessing influence that is not for good must depart.

Possession of another's mind and heart by a stronger will is incoming and outgoing. It is up and down. It is in and out. It is dual. Possession is the nature of evil. Influence is the nature of good. Human nature swings between greater and lighter shades of good and evil from moment to moment as the mind tunes into different frequencies and comes under different influences.

For example:

Spiritual teachings come from spiritual worlds. Spiritual teachers influence man's mind. Teachings are relayed as a

vibration that can be translated into pictures then words in the mind of the recipient.

At the same time the recipient whose mind does not remain focused upon this frequency creates his own sentences within the teachings. These sentences are of a different vibration. Their nature does not fit with what the spiritual teachers send. Humility recognises truth so these sentences can be seen and removed. With pride this is not possible but then a big ego would not be able to receive teachings from evolved spiritual teachers.

Sharing is the positive side of the coin of Janus. Possession is the negative side. In every situation in life sharing or possession reflects the state of mind and heart in that moment. Throughout life man constantly swings between sharing and possession until only one is desirable and chosen. Regardless of the choice, always the mind of man is influenced or possessed.

Let that influence be Divine in nature. Let that influence be from the guardian of the soul. Let that influence be from evolved Spiritual Teachers. Let that influence be for good. When an individual receives an influence that is for good he is going to influence others for good. This is the great work of sharing for no man is an island.

If no man is an island why is loneliness so predominant?

When an incoming influence is for good and an individual's outgoing influence is for good, the sharing is for good. With this sharing there is light. There is love. There is the spirit of life. All is wrapped around the self and others like a warm cloak, promoting joy. In the presence of the accompanying spiritual beings who are real, as is their warmth, loneliness retreats.

When the influence is not for good the individual becomes moody, upset and capable of evil acts. He becomes isolated from what is good and he seems to shrink.

Goodness expands. Dark ways shrink and intensify like a black hole. When an individual shrinks within himself he doesn't reach out to give to others. All that is within him is added to and taken because he has no concept of giving. This is loneliness. Loneliness is shrinking within self. It is the lack of sharing. It is difficulty or an inability to feel the warmth of the rays of goodness that all human beings have to reach for.

How do people reach for rays of goodness?

They do so by sharing who they are and what they are. They do so by sharing their goodness. This attracts more goodness to them. When the influence of good attracts more goodness, people do not feel alone.

The arrival of the spirit of goodness is like a party of happiness – a party of shared laughter – a party of light, energy, radiance and joy – a celebration of everything that makes up the humanity of the human spirit.

When man is accommodating an evil influence we cannot say that he is using his animal nature – acting like an animal. Animals are neither an island, nor alone, nor lonely. Animals work together as a family.

They hunt and kill when they need to eat. They do not hunt and kill for pleasure. They follow the pattern of behaviour that is inlaid in their blood, but no more than that. They act according to their nature.

It is only contact with the human being that has caused animals to show cruelty. Without this influence animals are not cruel. When they are able to feed themselves they are gentle, their seeming violence only manifesting when it is necessary for their survival or instinct to reproduce.

Like the animals man needs to work so he can feed himself and follow his instincts to reproduce, by creating a family. When he is cruel or violent he is not following his animal nature because his animal nature is good. When he is participating in evil acts he is accommodating an evil influence that he welcomes because he finds what it offers attractive.

Each mind upon Earth is influenced. Let man take great care to monitor and control his thoughts, emotions, moods and cravings of his body. Let him learn discipline because only discipline allows him to ensure that the influence coming to him and going from him is an influence for good.

Each person upon the earth equally shares in the responsibility of what is happening upon the earth during the time that he or she is living there because each person upon the Earth is contributing to the good and evil that exists. Through his influence each person contributes to the ways of Earth life. When he leaves, life upon Earth is changed because of his presence.

When life upon Earth is influenced for good, changes are for good. This promotes the advance of civilization. All men and women leave a footprint for others to follow – a legacy. Let that legacy be an influence for good.

Man inherits the earth through the blood of his ancestors. It is hard to break a pattern of influence once it has been accepted. Generations continue the behaviour of previous generations. People have seen and experienced a certain influence and continue to accept that influence until it is no longer acceptable.

It takes courage and determination to break an influence. When it creates loneliness and unhappiness it has to be replaced with an influence that promotes a sense of well-being, health and happiness. This has to first be recognised and then accepted before the frequency of the mind can be changed to this influence.

What is brought into play is the Law of Movement and Change, the Law of Attraction and the Law of Influence. They work together to open the shared pathways that the heart of the individual seeks to travel.

The desire of the heart is the initiating power or force in the creation of a pathway that the individual wants to travel. The

desire promotes action through these laws. This is how an individual creates his life. Nothing is by chance.

The Lords of the Earth provide opportunities to ensure that the pathway each heart desires can be created. The laws in play allow this to happen.

Viewing life on Earth as a reflection of the Greater Life gives man's interaction with spiritual life a natural perspective. Inspiration radiates from its source as does energy from the sun. All that is needed is the desire and ability to adjust the mind to its frequency.

Part Six - Directives

Introduction

No matter the Age we live in, we continually lose our way and need guidance. We so easily stray into misplaced beliefs and practices that we have always needed admonishments to help us return to our Golden Path of Travel. In accepting wise admonishments our path to the One God is assured.

Never are admonishments personal. Always they can be adopted by anyone at any time. They can be for all people – a whole culture – an entire nation.

Messages of admonishment are always the same:

- ❖ *Desist from your present practices.*
- ❖ *Love and worship the One God.*
- ❖ *Love life and serve man.*

The Seeker of Truth in all Ages has always needed directives to strengthen him on his path of learning. Always wisdom comes to point him in the right direction. The message of directives shows the Seeker of Truth how to achieve what must be achieved to reach his goal – truth. Directives, like admonishments, are given in the language of the times they are received and delivered.

Our souls are joyous when we receive admonishments and directives for they come when our hearts are sore. Always our hearts are hopeful for new and clear direction from the wise. When we receive and accept admonishments and directives from those of greater wisdom, we know we are privileged because someone cares enough to guide our way.

In this Age of Aquarius we can work to receive directives from the wisdom of our own souls but until that day arrives we can look to another and receive through another.

Humanity swings between a desire to know and learn – a desire for truth and a desire for a happy physical life, so emotions see-saw.

Spiritual teachings are only attractive to those who actively seek what they offer. The vibration of the teachings must already exist within them. Through the Law of Attraction teachings and people come together to share a mutual pathway.

The path of truth for the Seeker of Truth becomes joyous because his goal is clear and he is determined not to stray.

Censure

I speak to the people of the Western Civilization who roam the Earth yet have no central place for personal renewal. My love for you is severe for I need you to wake up and remove the veil of materialism from your soul. Beneath this veil of materialism lies a wealth of beauty – your spirit of life – ignored, unacknowledged and relegated to the deep. The veil must fall so your spirit can rise and speak to your heart.

My voice may be a reprimand, but open your heart so it can hear this voice that can open the floodgates to Divine love.

What does the Western Civilization offer at this time?

Modern Western life is an age of rampant materialism. It offers the riches of the Earth. It offers comfort and luxury, freedom from turmoil and a transient sense of security. Does it deliver these things? Maybe to the few but not to the greater populations.

When the promise is not delivered and the years have passed, O so quickly, your hearts become sore – filled with despair. You have nowhere to turn. In that short moment your hearts are open and my voice can be heard. In that short moment I must pique your hearts' interest so a greater desire of your souls can be revived.

I love the spirit of all men and women with all my heart. I want to lead you all out of the shadows so you can find real purpose in your Earth life. It is not the short-lived allure of materialism.

Who can guide our footsteps so we can reach beyond the life of materialism?

Man has always needed a teacher, a master, a prophet to help him renew a greater purpose and show him the way to live well.

Where can one be found, recognised or even accepted in western society? Finding a teacher is an important first step in the new direction that leads to the healing of the heart.

The material life for most people centres on city life which indulges their senses. The city dweller lives in a state of nervous apprehension. He finds it difficult to maintain strong, good health. When his heart becomes sore, what the city offers loses its allure.

Where does the city dweller go for inspiration?

He goes first to nature – seeking answers.

If we cannot live well without the touch of nature could a spiritual teacher or Master live the way we do?

He cannot. He must live where nature abounds so he can bond with the land, sea and sky; so his spirit can soar towards the sun, blend with the spiritual counterpart of what can be seen in the physical world, then move further afield to the Greater Life.

When you cannot find a teacher in your society, do not despair. You can still find guidance but you will have to look within. When you do you will need to hear my voice. You have to open the door to this purpose. I can only knock. Your first step is to hear the knock, then open the door yourself.

Looking within can bring you an inner spiritual teacher. Following his guidance can bring you self-realisation – awareness of who you really are.

Self-realisation has always been the goal of man in every age, but alone man has always stumbled in the dark.

What does self-realisation bring to the heart that is disillusioned with a materialistic life?

Self-realisation comes from tapping into the wisdom of the soul that has turned away from the allure of materialism. It knows there is a better way to live. It knows without a doubt that life continues after the physical experience in another form. It knows that what relates to the physical experience does not continue with it when the experience is over.

What the soul knows has been forgotten but an inner master teacher can show you the way to rediscover what you already know to be true. As you learn more of your place in the universe of life and your future possibilities, qualities of goodness such as gentleness, kindness, courage, determination and focus grow within you. They bring you a belief in yourself that manifests as self-confidence.

This way is travelled alone. It brings difficulties and joys, but so do all quests. What carries you on is your determination to achieve your goal regardless of any difficulties or disapproval from others.

My words shall appeal more to the solitary traveller in the Western Civilization who does not seek religion, cult or organisation, yet seeks the One God/the Greater Life.

For those who still seek religion, cults and organisations, remember that all religions have the golden thread of truth running through them – each thread spoken with a different emphasis to accommodate the time in which it was given.

To discover this golden thread, allow your soul to introduce the spirit to your heart so you can be presented with guidance that can discern between the truth and the mortal conjecture that are blended in each organisation. For whatever reason you are looking within, you can find peace that can banish the loneliness that is widespread in the materialistic world of the Western Civilization.

Can people of the Western Civilization accept the censorious love of a spiritual master or teacher or are their egos too large to allow such guidance?

Censure can be harsh but the spirit of man always endures, for its only acceptable result is victory. There may seem much to forego in the physical world, but with all you need able to be found within, you realise that nothing important has been relinquished. Resulting confidence and belief in yourself translates into your physical life with a new direction apparent.

Slumber and Serve

Praise the Creator for in his wisdom he knows what is best for all he has created. Ineffable and unknowable, he is our goal and our path to immortality. He is everything that we are and everything we need to be. In him lies the secret of who we are and what we can become. The world of Earth is a mystery to us, as mysterious as other worlds that are only known deep within our souls – knowledge that remains enshrined at this time – veiled to our eyes and ears.

We stand and wait – shining a light so we can help you come to the deeper realisation that there is more to life than what is seen upon Earth.

Continue to ask questions because gaining true knowledge is a high priority in physical life. It is gained from learning through experiences and can be incorporated into your heart to become part of you. This is the path to wisdom.

Knowledge is available to all who seek and ask. Each piece of knowledge gained changes you in some way and so a more illumined human evolves.

The world of Earth spins its circular path through the universes of life accompanied by globes, stars and galaxies that all contribute qualities to make the Earth what it is. The great Lords of Life know how to interpret the Will of the Creator

in providing habitats for human beings throughout their journey through the mansions of life.

No man is an island because no man is alone for even one second of time while he is living upon Earth. There are many who care for each man although he may be unaware that this is so. At all times he is accompanied by those who care for his progress. They seek to safeguard him from the temptations of a retrograde journey and inspire his onward movement that can release the veils of ignorance layered over his spirit.

When man's heart is open and a veil is released more knowledge reaches his mind. His perception of self becomes wider for it places his position not only amongst those wise ones with whom he has contact upon Earth, but also with those in worlds that belong to the Greater Life.

Man goes about his working physical life and his soul continues to seek to ascend through his mind and release his spirit so it may bring its qualities to him for they are the greatest he can attain.

With his ascending mind in communication with his soul, he remains aware of his surroundings, but he is also aware of this inner drive reaching to return as spirit to the Beloved.

The day's work is over and rest is earned. The body slumbers and is healed of its arduous lifestyle yet work and movement continue. The spirit is released from the body. Still attached, it travels to the place of its desire where it is able to enhance its appreciation of life and worship of the Giver of Life.

Although during work hours this also is so, because the spirit is so veiled by the soul, the heart and the physical mind, its journey and achievements are unapparent, although at times subliminally felt. This is because whatever the spirit does, its pure nature influences its habitat, which at the moment is the body and soul. The spirit brings changes, murmuring its inspiration when a direction chosen is not advantageous.

*And so the body slumbers.
And so the spirit is released.*

But what of the soul during the hours of slumber?

The soul has a journey and a goal. The path of the Seeker of Truth takes him from ignorance to knowledge. All other paths that are not part of this enterprise are irrelevant to him.

Man belongs to a family. The members are joined together by the love that accompanied their birth. This love remains, although often unseen, unfelt and unacknowledged.

When the physical mind and negative aspects of the soul are laid to rest during sleep, the goodness of the soul arises and casts its gaze towards the members of this family that are travelling as its companions on this part of the greater journey of life. All are experiencing and learning together through the light and dark and good and evil that are part of physical life.

No matter how best an individual learns, whether it is through the ways of light or the ways of darkness, he learns through experiences. Because he learns he gains knowledge. He is then open to the annals of the Wisdom of the Ages.

Herein lies a great resource that has been given to man by all who have gone before him. They are Books of Truth that are built on the Rock of Truth comprising the Wisdom of the Ages – a Spiritual Legacy given to man by all who precede him on this long, immortal and eternal path of life. Along this path everyone changes even as they change from birth to death upon Earth.

The soul is as wide and deep as the skies above the horizon, full of experience, knowledge and learning. Many experiences have been repeated, until fine-tuned in many areas of living, the soul discovers that more of the Books of Truth have become available – able to guide it to greater inspiration beyond the self.

When self recedes, the horizon expands. The soul can serve in a greater capacity and more frequently. It has a

magnificent opportunity during the hours of slumber. The body is supine and cleansing. The physical mind is silenced. The soul is free to travel the Earth to influence others with saintly inspiration that clarifies the greater journey for those who can receive its wisdom.

Every aspect of the workings of the Earth and all who live upon it are not by chance. Everything is executed according to a greater plan and held in position by the Lords of the planet.

At any one time half the people upon Earth sleep and rest and the other half roam and work upon its surface. The souls of those who slumber can inspire those who are awake. They can inspire others to create what is good for mankind upon Earth.

Each soul naturally goes to those who are receptive to what it offers. While working, people may accept the inspiration of the slumbering person as their own idea or as inspiration from another source. They know not from where or when. Neither does this matter. While asleep, the work of inspiring others to change their ways and awaken to the awareness of a Greater Life that is recording all thoughts and actions in Earth life continues.

The family of man, whether people are aware or not, wants to travel together. This is why the slumbering individual continues to inspire the family of man, seeking like-minded souls during his time of slumber.

This is the time when this is possible. History has recorded saintly people who have been able to manifest their form during these times to strengthen the impact of their message.

The message is always:

Love the Giver of Life.

Love life.

Love all that have life.

Rediscover the Wisdom of the Ages that can show the best way to live upon Earth.

Retain an awareness of the Greater Life, the Greater Mind, the Greater Heart and the Greater Spirit that binds all people together in common purpose.

Eternal Youth

Man is a cosmic youth so he has the energy and impetus for action that is characteristic of youth; rushing into greener pastures without knowledge of where they lead, filled with the joys of spring that celebrate life, feelings of immortality – that he cannot be harmed by anyone and will live forever, enthusiasm that wants to experience everything life offers.

Youth has to mature but the youth does not notice approaching maturity. The changes time brings come slowly and so the self-changes slowly. The metamorphosis is not noticed because the characteristics of self are not apparent to self.

Who would not want the enthusiasm and energy of youth to continue?

Maturity approaches the youth as do many things in life – some unbidden and unwelcomed. The youth may seek to hold time at bay, but he matures. With maturity his sense of self changes. As time passes the time of youth is mourned, then suddenly, just as the time of youth could not be stayed; neither can the time of maturity.

Old age that leads to the inevitable passing approaches but the adult continues to fool himself into believing a stay of time is possible. He continues to seek eternal youth and immortality in physical life.

Eternal youth and immortality are part of the eternal spirit and immortal soul. The desire for them is a valid desire because it originates in reality. Only its application to physical life is askew.

The spirit of man is a pure essence of creation and as such has the effervescence, vitality, beauty and capabilities of a pure created being. It is capable of merging with the creative essence from which it came because it is the pure love of the Greater Love and the pure mind of the Greater Mind. Man's spirit adjusts to the requirements of physical life but its nature has no relationship with the desires of the body.

Man's soul embraces physical life but once it is freed from physical desires it is purified – freed from the fear that is associated with physical desires – fear of sickness, fear of old-age, fear of pain and fear of death.

When the soul knows only the love, life and wisdom of the Greater Beyond that is of the Greater Spirit, like the spirit it radiates the love, life and wisdom of its creative essence. The spirit is set free. Like a circle maturity and eternal youth merge into the aura of the creative essence of life.

How is this state reached?

Physical life is linear so the physical mind is linear – only able to focus on one thing at a time. The seeker can focus on either the Greater Love or the Greater Mind at one time. Depending upon the requirements of the moment he switches from one to the other.

When focusing on the Greater Love, the seeker is striving to bring love into his heart and transform his life through it. Because his heart is only open to love, evil does not exist for him. He sees love everywhere and in every one, and his missionary goal is to help others do likewise.

He is aware of the beauty in all life and does no harm, seeking only to guide all who ask the way. With his focus on love during his physical life, his soul is cleansed.

How is the soul cleansed?

Difficult circumstances are recognised as such, accepted and lived through with love. They are not seen as situations to

be endured and completed, rather as another way for the Greater Love to be revealed.

Once the soul is cleansed of any desire for what physical life offers, it rises beyond its dwelling place in etheric worlds to become part of the spiritual light to which it is attached. This is the ascension of the soul that has no need of return to physical life unless it wishes to aid others.

The seeker can also choose to follow the influence of the Greater Mind to bring Inspiration into his heart. When focusing on the Greater Mind, still bathing in the Greater Love, the seeker is striving to follow the Greater Will. Because his focus is not on the accumulation of wealth, the way forward opens so his material needs are met.

The seeker asks for reasons each step of the way because he is looking for learning and knowledge which is given through inspiration. Reasons make sense of the path of progress and help him to absorb what the path brings but they usually come after each step that has to be taken with trust.

The seeker lives his daily life with a full and happy acceptance, oblivious to hardship or difficulties which he views as opportunities to bathe in the Wisdom of the Ages.

Both paths bring a youthful demeanour that smiles in all circumstances, especially in the face of hardship. Like the youth the seeker has the energy and impetus for action that is characteristic of youth. He is filled with the joys of spring that celebrate life but not relying on his feelings like a youth, he knows he cannot be harmed by anyone.

He knows his soul is immortal and his spirit eternal so he welcomes everything. His creative abilities grow and as he changes within, his physical life reflects his inner state. Not concerned with old age and the passing, his expanding heart and mind welcome an expanding life.

Down through the ages there have been those who have lived lives of holiness for hundreds of years. Their long lives have been lived in the love and wisdom of the Greater Life.

Seeking and knowing only the One God they are able to manifest extraordinary feats that show man what he is capable of when his physical life absorbs the power of his spiritual life.

Most often nurtured in the East, down through the Ages, these holy saints lived as an inspiration and guidance for the common man. The lives of these saints were something to aspire to for this way forward was not yet available to him.

This time has now come for the common man. The paths that have been laid are in clear sight – available for all who become determined Seekers of Truth.

Our message comes through historical paths that are open to the common man today. These paths are a combination of Eastern and Western spirituality.

With a new inner freedom man can find the way to his spirit that combines a youthful effervescence and enthusiasm for life with a maturing wisdom that knows how to find the One God on every path through the mansions of life.

Today this love and knowledge is available to all men and women. Because they are educated they have the time to reach within should they want to do so. Today life gives them the opportunity. The Greater Love is overflowing onto all. The Greater Mind is sending its seed pearls to all who are reaching for them, for all people live within the palm of the Creator of Life.

Eat at My Table

The circle of life remains intact – a continuous gold thread that travels the circumference moving ever inwards, compacting as it goes, until its circular movement reaches the centre and the circle is filled with gold. Man builds this thread of gold along his journey – travelling this circle until it is filled with the golden light of his endeavours that spring from his spiritual creativity within.

The ever-watchful eye of the Father remains upon all his children. He knows every thought and every action for they contribute to the emanations of the world where his children live.

The spiritual view of Earth embodies the sum total of goodness – love, kindness, compassion and devotion. Their emanations form a pattern that is beautiful – all else shrouded in the etheric mist. The spiritual kingdoms of life only see what contributes to the golden journey of the Father's children.

I come and I go. Wherever I go I find what I am looking for, and it is love. It is not physical love. It is not sensation. It is the deep and abiding caring for all forms of life that can merge and grow into the heart of the Father.

I seek out all people. I whisper the name of you all for I know that in a lifetime you need and want to hear me call your name. I call from the realms of light so a ladder of endeavour can be thrown when you are called, for you seek to rise from the despair created by a life lived with only a physical focus.

The first five rungs of the ladder thrown are associated with the five senses of physical life. Upon each rung one sense is magnified. It tests how you respond to the experiences that ask for pride, greed, envy, anger, lust, laziness and gluttony be transposed into humility, generosity, love, patience, self-control, moderation and diligence. These are the seven virtues of justice that bind all people together.

Climbing the first five rungs is a time-consuming endeavour for their experiences play out according to request. You will know when you have not done well in a particular experience. Your continuing desire to climb will request a replay.

The claim to the spiritual kingdoms of light is accomplished when you travel with courage and determination. You cannot

be concerned with difficulty. You know that all endeavours to build a handhold for the climb are difficult so you have no interest in complaint. Knowing your continued effort is a necessity, difficulty is embraced.

I come and I go. I call your name, but should you not hear when I call, I wait for you to request my return. I will always respond, but you may have to wait, as must I.

When the first opportunity is missed the next is waiting for courage, patience and determined effort to find a lodging place within your heart. Only upon their arrival will I call your name again.

There are many seats at my table for those who climb the first five rungs of the ladder. A repast is laid for all who arrive. Once the dishes are tasted the doors within your mind and heart open wide. The food of life fills you, bringing joy, happiness and the certainty that your life, as part of a spiritual whole, is complete with its spiritual endeavour.

You hold what you receive closely and dearly. Physical life retreats into the distance – too far away to be worthy of recall. You will return to Earth after dining at my table but you will return with strength for the food of love returns with you. It will drive your heart to complete a life that is worthy of return to the place that houses all that I offer.

Love the Father. Love life. Love learning. Through love, achieve your endeavours. Through love, you can surmount the difficulties of the first five rungs of the ladder. The sixth is my golden abode. It contains my table of food and drink that fills you and strengthens you so you can fill your circle of life with gold and rapidly climb the golden ladder.

I come and I go, but each time I come I leave a part of myself, so you can find your way to me and hear my voice when I call your name.

Joy comes to the heart that is filling its golden circle but joy grows slowly. When you are used to feeling it from only physical sensations and physical experiences, you are not aware that a definition of joy can be different. You are not aware that joy can have different properties, volume and capacity, capable of drawing into itself qualities that have the same propensity, such as tranquillity.

This joy arrives to the heart through devotion to the One God and the desire to discover the Greater Will. Its depth expands to every corner of the heart, yet it does not dissipate. It fills the heart, but it continues to increase as it attracts more. In comparison joy that is the result of physical experiences is fleeting and thinner. It travels lightly along the surface of the heart, barely entering. It then flies away to attach itself to a similar experience of another person.

Wake up, O man of Earth.

Joy resulting from the best experiences in physical life remains a reflection of joy resulting from actions initiated through spiritual, creative endeavours.

Wake up, O man of Earth.

Flee from the demanding, physical experiences. Place them in the perspective they were intended to have.

What is this perspective?

The spirit within you brings you to Earth. Without it you cannot be there. It has not come to watch your physical life be lived for pleasure and to fill empty spaces. It has come to transform all that is physical into a greater expression of worship, because life lived well is worship.

How is life lived well?

Life is lived well when it is lived according to its original template, which is expansion. Physical life and its experiences cannot expand to anything more because they belong only to their place of residence and its etheric realms, all of which are locked together in a circular dance of interchange.

How can physical life be better through spiritual application?

The physical self seeks indulgence of self. It seeks to fill its empty spaces with others who can make it feel important, special, knowledgeable and successful. A spiritual application to life does not turn life inwards to self. It expands outwards. It gives. It does not expect to receive. It spreads its wings so that all who touch it feel its warmth.

You have been given all that you need. Within, you have your template. You can give all you have and all you are, yet none of your treasure dissipates with the giving.

The giving creates more of what makes you who you are. The giving creates more joy that becomes more sense of purpose, more compassion and more ethical work habits. This joy compacts because the gold within the circle of life compacts to accommodate more. Each part of who you are becomes filled, but never to capacity, because this ability to compact can continue infinitely.

You are bringing infinite capabilities to a finite life. This is your task. That is how you create a worshipful life. It is filled with devotion that becomes apparent through service. By serving others you serve yourself. By giving others happiness you increase your own happiness. By showing compassion to others you are showing compassion to yourself.

You need compassion when you live a physical life. Although physical life is of short duration it demands so much of your attention that you need help to make it a worthwhile experience. You need guidance so your experience of physical

life becomes something of infinite beauty but you can only get true guidance from those who are wiser, have more of what you are seeking, or from the source of all that you are.

We look at struggling humanity and ponder the best approach to wake man from his sleep.

It takes a lifetime to fill the circle with the gold of all the qualities in life that are worth expanding. This is a paradox of duality. As you expand something it compacts, while continuing to reach further afield.

When you look within to discover what your spirit is capable of you find a compact reservoir of beauty. Release this beauty and it flies further afield to absorb all who are looking in its direction.

All people can live this way. None of the joy of physical life is lost. So much more is gained. A wider perception of the beauty of life is ascertained, shared and incorporated within the golden circle of life.

This is real learning. It comes through discovery which leads to action, not in the sleepwalking way that is the way of physical habits and physical will, but in the way of the will that is of a far greater dimension – the Greater Will. This will is imprinted in the spirit of all but the doors are closed except to the seeking heart.

O man of Earth, wake up and I will give you a feast at my table that will enhance every aspiration you can have for a life of beauty, a life of purpose and a feeling of self-worth.

After the tasting you will discover how you can stand as a miniature, complete world – on your own two feet without need of anything or anyone, except the love of the Father who provides the food and drink travelling with you from my table.

Retreat

The river carries things to you and from you, even you yourself. You can be caught up with the life of the river and be carried along with it, but it should not dictate your life. A river is fast moving and does not always bring what is beneficial to you. It has to be negotiated carefully and at times not negotiated at all. Messages travel down the river from further upstream. They can bring either good news or sad news.

The river, coming from places on high, at its source is cold, clear and pure. Along the way it picks up debris, rubbish and the swirling mud of the riverbed. Eventually the pure clarity of its waters changes to a murky, dirty consistency, the perfect environment for the alligator – a treacherous animal that when roused can be lethal.

Beloved, life is like the river. This is an illustrative caution given to help you negotiate passage through a time of trouble. Ask yourself what this vision heralds?

It signals a time to retreat from the company of others so you may protect yourself from the negative thoughts, words and actions of people who are troubled with jealous thoughts. The river still retains its core of purity that initiated its journey so the heart that is open to what is pure, clear and just must retreat to preserve the good name and the gentle spirit within.

There is a need for cautions in physical life and it is better to receive them from within. They should not cause worry about what might be because they give timing about when to initiate and when to retreat. They are of great benefit in a world where the presence of negative thoughts, words and actions is all pervading.

Worry is needless thinking and lack of action.

Retreat is an action that does not arise from needless thinking.

The time of retreat is a time to prepare new ground and re-establish your presence in life in a way that is beneficial to your well-being. It is important that you continue to accrue the spiritual treasures of life and you need the environment that allows you to do so.

The materialist is always bemoaning his rights to have and to hold even though all he has and holds will eventually slip through his fingers. He shall travel to a place he did not bargain for, without what he has accumulated.

The place of safety for the pure heart is the origin of the river – high in the mountains where the air is pure and the water is sweet. The starkness of this abode is for those with courage; those who need to live a pure and simple life. What they need to be cautious of does not exist in this place.

As the river travels further down the mountains a few of the ways of the materialist appear – rubbish, physical, mental and emotional, that can harm the beloved who is further above. To descend the beloved must protect himself, negotiating the river when it is clear and travelling a different route when it becomes contaminated. This is the task of cautionary visions.

No man can go through life doing only what he wants to do on the spur of the moment. This behaviour attracts dangerous situations – dangerous physically, dangerous emotionally and always dangerous to the pure heart. The spirit of each man flees such places for it has no part of what they produce.

Life is short. It has to be protected so it can be useful. There is little enough time to be productive, so to place yourself in a dangerous situation which paralyses you and produces nothing, is to waste the precious moments you have to produce something that is good for you or for others.

Gossip, lies and calumny have always abounded in Earth life. When the alligator is seen in the slow, murky waters it symbolises the lies and treachery of people with a jealous disposition. These people can never understand the pure

heart. It is wise to circumvent their existence by not allowing them in your environment.

Beloved, know when to retreat. When you trust that your heart is pure you can trust the vision you wake up with. It may be symbolic of a danger to be avoided – a time of retreat from danger. This takes less energy than having to run from your exposure to it.

The ever-watchful eye of the Father is upon you. He sees all that is around you, within you and coming towards you. He sends you a vision when you need to circumvent danger and save time. He does not give reasons and he does not bring fear.

The open heart changes life for it produces what you may not wish to experience. It generates hard work, effort, courage, a sense of direction, constancy and determination to live with safety.

In the current throwaway society people are becoming entranced by the vast, circular motion of thoughts and desires for what the world is producing. These thoughts clutter the mind so the voice of your spirit retreats.

You may be unaware this is happening if you are trying to escape the materialistic society. In doing this you are only changing its nature. The desire for things that are productively good can produce the same result as the desire for things that are productively useless.

The universe has its timing. The Earth has its timing and so does man. Focus on learning timing and visions will come when there is a need. Without timing these cautionary pictures will not appear because a materialistic society produces impatience. People become used to getting what they want when they think about wanting it.

Today you cannot live on the mountains near the source of the river. You cannot live in the lowlands with the murky debris that houses the alligator. You can live on the middle ground of the raging river or you can move away to find a place of shelter that best mirrors the purity of the highlands.

There can be honour in retreat when it mirrors a desire and need for purity.

Aquarius

The Age of Aquarius produces the larger picture for all people at this time – all races, all cultures and all nations. This Age of the Brotherhood of Man generates a propensity for activating humanitarian principles in all men and women. Introducing once again and making stable man's humanity to man is the number one priority in the world at this time.

What is humanity?

Our common humanity is important because it is what makes us human. It is what encourages us to be kind and compassionate with others.

What does the Age of Aquarius mean?

The Age of Aquarius signifies the importance of the humanitarian welfare of man and the equality of all people. Any areas upon Earth where man's humanity is not considered are areas that need to come under consideration. In those areas where the humanity of man is considered, appropriate measures need to be maintained.

Aquarius is an air sign so it promotes freedom of expression and movement but it is also a fixed sign, which makes it self-serving. This Age can be a time of productive materialism – a result of innovative ideas. It is also a time of decline of religious influence.

The spirit and the physical have always battled in their own ways for supremacy – significantly so in the Age of Aquarius, but the Wisdom of the Ages shall continue as it always has, quietly, and secretly when necessary.

What is the purpose of Astrology?

Astrology can paint the picture of humanity's progress through the Ages of Life. Its educational purpose is to teach the timing in any given moment of what can benefit humanity, and so contribute to its path out of ignorance.

Each person is born in a time that gives him a foundation of culture, education and interests that encourage him to construct his path in life in a certain direction. He has a predisposition towards a personality that enables him to draw on his strengths so he can achieve what he needs to achieve.

Personality is the tool to for him to do this in society, but deeper qualities lie within waiting to be encouraged to grow. These qualities of character cause him to look at life beyond self and consider the needs of others.

However the individual chooses to live his life and whatever he learns along the way, eventually he has to show consideration for the humanity of man. Humanitarian principles displayed in all dealings with people encourage the progressive abilities of individuals to excel.

The sign of Aquarius is in the astrological chart of all people – as are all the zodiacal signs – so Aquarius exerts an influence on all people, to a lesser or greater degree. Using the application of Janus, this sign of the Brotherhood of Man can be utilised with a focus on either similarities or differences between people.

Aquarius is intelligent and can produce innovative ideas. With the focus on similarities between all people the Aquarian influence considers the humanity of man even as the individual travels his unique path, unconcerned about current trends and influences.

With true humanitarian principles active he is unaware that others may perceive his road to be different or unusual. This is because he is travelling according to his heart; living according to his own destiny without considering the opinions of others or wondering what they would do. This is a road to self-

confidence. It produces clear thoughts, innovative ideas and measured actions that take others into consideration.

The other side of the coin of Janus focuses on differences between people. The Aquarian influence produces the desire in the individual to be different and do things his own way while maintaining control and power over everything in his life. Contrariness and stubbornness can be the result of a determination to create and build a road that is different from others.

This desire to be special and unique cannot be fulfilled for there is nothing new upon the Earth. Others have achieved, attempted to achieve and will continue to attempt to achieve whatever any individual does or has done upon the Earth today.

This way is not an expression of the heart. It is a planned path so it does not produce self-confidence. The true path of humanitarian principles always considers the similarities between people.

What are the similarities?

Each person present on the Earth has a right to be here. This entitlement always needs to be considered. No one has the right to remove any person from the Earth. The Law of Nature accomplishes this.

Each individual has the right to produce what he needs to survive upon the Earth and this is achieved through work. The individual must find the drive so he can uncover the opportunities for work.

Those who have control over others should ensure that these opportunities exist for the individual to find. Food, shelter and clothing must be available for all people.

There have been many Ages of Aquarius and many opportunities for humanitarian principles to be practised between all people. Eventually they will become an established component of life upon Earth. During the coming

two and a half thousand years of this Age of Aquarius many opportunities will again be available for people to put these principles into action so they can be carried through into the following Age of Capricorn.

The principles of Aquarius favour independence and the right of all people to make their own decisions. The true principle of Aquarius does not like to be controlled and does not like to control others.

In a small way individuals within their own circle of acquaintances can practise these humanitarian principles by encouraging others to be whom they want to be. Humanitarian principles can then multiply and spread all over the Earth.

Change comes slowly – but it does come, for it must. Progress will be made in this direction because this is the time for it to do so. How much progress is made depends upon how much the individual contributes.

There is no right or wrong way in choosing a direction in life. All that is needed is the belief that all people have the right to be upon the Earth at this time. All people are here to contribute to the direction humanity is taking.

When the way of personality is not followed the individual can focus on humanitarian principles which are carried out through the virtues of love, compassion and humility.

These qualities are received by those to whom they are directed then return to be absorbed into the person who practises them. This is one way for the future of humanity to grow in goodness.

Devotee

The devotee looks within to find his God through worship and devotion. Methods used have varied throughout the ages, cultures and religions. Sometimes the devotee has followed a way dictated by another and sometimes he has followed his own way. Always he looks within, sometimes with the added goal of understanding the world.

Looking within leads to meditation.

Meditation is a tool to achieve the goal so the goal directs the course of meditation.

The physical mind has to be stilled but the eventual outcome is determined by an unwavering goal. This part of the journey is usually made alone, yet in reality none are ever alone. Loved ones and spiritual teachers are never far away.

They await the call for help or guidance, but this time no call is made. It is the time to apply sustained, personal effort. The soul knows love and love opens all doors, so the door to the soul is available for everyone to find. The door to the spirit within is more difficult to find and negotiate. Becoming acquainted with the spirit within has always been the most difficult journey man can make upon the Earth.

Courage and determination bring the devotee to the door of the spirit. On the other side stands Woman – her regal presence an embodiment of prayer. She is a magnet of Divine love. She draws all to her but there is no lingering in her presence. She is there to receive the cloak of protection that has been worn by the devotee throughout the difficulties that have brought him to this point.

The devotee is unaccompanied – deciding his own direction towards the light of his choosing. Always the voice of his physical mind will call but he must heed it not at all because this mind is selfish and he does not need what it offers. This is not the place or the time for the physical mind. It can contribute nothing.

This is the time for prayer – that unspoken communication with the Divine. Unspoken, prayer becomes a foundation for the devotee's life.

What is prayer?

Prayer is worship. It is devotion. It is the language of the infinite. The concept of the Divine cannot be imagined but it

can rise within as a perception of some principle arriving – a presence that is like a seed that can sprout, germinate and grow into a large and visible form of life.

This perception brings a glow to the devotee. It highlights him, causing purpose to be renewed and personal desire to flee – no longer necessary for his life.

Simplicity and purity become the norm. There are no difficulties because patience has been learnt. There are no decisions to be pondered because personal will is not invoked. Any decision is made when it needs to be made, and at the correct time. What needs to be done is done. When nothing needs to be done, nothing is done.

From the inner world those of this devotional vibration become so close they are within the heart of the devotee. They hold the hand of his soul and lend their love and strength to all his endeavours. Their presence as individuals is not felt for their edges are blurred and they seem merged.

This is a joyful journey that can lead to the bliss of permanent, spiritual reunion. They are held in the palm of the hand of the One God and this is where they seek to remain until they are hurled further afield to a greater love and a greater endeavour.

Eye Single

Wide is the horizon of man's intellect when it applies to the principles of eternal life.

How can we apply these principles to physical life so that the illusion of solid matter is perceived as it really is, even while we are living in its state of illusion at the same time? This can be done with the opening of the eye single – the screen of inner vision that can produce the wider vision of physical life.

Your view of the world through physical eyes is according to the small spectrum available to them. When your focus is only on physical life, what is seen with your two eyes is all that

is seen. This spectrum is greatly broadened with vision through the eye single that remains dormant, awaiting its time of resurrection.

Love is present everywhere, yet it is not felt everywhere by everyone. Only when your focus is on love, not selfish desire, can you be aware of its presence. Without this focus, love does not exist for you and your vision of the world remains only physical. To allow love to gain entrance to your heart you may have to be humbled in your physical life. This is neither a punishment nor a reward. It is a necessary step for you to achieve vision through the eye single.

Outcomes are the result of planning and actions but outcomes can be disappointing – not joyous as envisaged. This alone is humbling, for it tells you that your decisions were dreams arising from your mind, either not possible or not based upon a solid foundation – merely imaginings.

You may then ask: *Why have I been brought to my knees?*

It is better to ask this question than bemoan your fate, find excuses or blame others. All outcomes are the result of their birth through thought. Their birth and ensuing actions can only be laid at the feet of their creator.

Do you ever sit and ponder upon your thoughts and actions of the day? Do you ever ask yourself whether whatever has been set in motion by these thoughts and actions is productive to the opening of the eye single?

I shine a light through the eye single so you can follow the rays of this beacon. Even though it takes you a long time to shift your focus from your physical eyes to your eye single so you can see my light, I continue to shine it. One day you may be drawn towards it. At that time whatever needs to be done, will be done.

The eye single is located between the two physical eyes and is connected internally to the optic thalamus which relays sensory and motor signals in the brain.

The eye single is an entrance to the Greater World. Its presence is an indication that you are never alone. It is opened by the love in your heart which flows from the Greater World. Through the eye single the love in your heart enables you to see physical life as a reflection of spiritual life. The presence of the Divine is everywhere. Through the eye single physical eyes can mirror the Divine that is in the heart of all matter.

The first view through the eye single lasts but a second. Through the expanding love in your heart and your renewed focus, this view can last longer. The density of physical matter, seen through the physical eyes as solid material, melts away and becomes a shimmering mass of energy through which it is possible to pass.

Enlightened Masters can view the physical world in this way because of their great love for the Divine. Their focus is constantly on a greater purpose in life and they see the workings of the hand of the Creator in all life. Because of this they can perform extraordinary feats. Physical matter holds no barriers for them.

In physical life change is slow. Physical eyes see matter as static, dense and heavy, unable to be penetrated and not easily circumvented but physical matter is constantly interchanging between its fundamental states of solid, liquid and gas plus the etheric. For it to remain for a period of time in one state, matter has to be maintained. Its cells of construction separate so easily everything has to be cleaned and coated to prevent disintegration.

Spiritual life is an effervescent, radiating, changing reality that adapts to its environment with every changing thought and action, so spiritual changes are immediate. Vision of this shimmering, moving life with its greater luminosity and range of colour is relaxed because it is natural to your spirit.

The highest vibration of physical energy that reaches Earth comes via the sun. This energy can create or destroy; a warming flame or a burning inferno.

The result of the sun's energy and heat can be seen in deserts, yet appears as cool water – a pool lying ahead, drawing you towards it. Upon arrival at the place where the pool was seen, it is not there because it does not exist. It is a mirage, the result of atmospheric conditions.

In the heat your eyes are half closed and relaxed, so what is seen is the shimmering refraction of light caused by heated air. It is ever-moving, viewed as a pool of water because that is what is desired.

The shimmering energy of the heat does exist, but through the signature of opposites it is interpreted incorrectly by vision that is both physical and spiritual.

Physical vision is deceptive. Vision through the eye single is not. Physical vision can be what you want it to be. You can see what you want to see, all else not existing for you. Its presence is not registering in your mind because of your lack of desire to see what is before you.

Physical eyes do not want to accept what is undesirable and so their vision does not necessarily mirror truth intact.

When two people describe an accident their versions are different. Their eyes have seen the same things for they are standing side by side. They have the same experience before them, but their interpretations differ.

The eye single sees in full the reality of what is. What is seen is truth intact, for the eye single is the mirror of the soul that is in harmony with the spirit as it draws ever closer to the light of the Divine.

The vision of the eye single is 360°. In less than a second all is seen in its absolute reality. Nothing is missed. Whatever is seen is accepted as real. It works with what it sees, knowing that what it sees is what it needs so it may travel the path it wants so desperately to travel.

I see you and you see me, and it is through the eye single. Active and working to full capacity its relaxation towards physical life and its yearning towards the Divine, colours it.

Physical life is shown to be a moving, shimmering, glittering form of energy you can pass through easily, as in a moment, even as you continue on your way to your spiritual home.

Aloneness

Great Spirit I am in you and you are in me. When I live in recognition of this I am living fully. When I focus upon this I am focused upon life. When I remember this I can remember all the threads of life. With my focus and memory where it is best I can live in a way that contributes to the integrity of this focus.

You go through a door and enter a new life, in this case a physical life. Before very long you will open another door and go to a different life again, preferably a life with a greater focus on its true meaning that is beyond your physical nature.

How can I live upon Earth, focusing upon the Greater Life rather than upon the five senses of physical life that are so natural for me here?

The five senses of physical life draw others towards you because so many people wish to spend their lives experiencing these senses in the most varied, possible ways.

When these experiences are not your focus it is hard for people to draw towards you. They cannot see you. They cannot hear what you say.

They do not want to hear what you say because what you say does not apply to the five senses of physical life and therefore holds little interest for them. All they can do is look away or smile as you approach, not knowing what to say.

Unaware that they are living lives of indulgence all must be experienced to the full. The fallout that follows has to happen

before they can ask why things are like they are. They may then awaken to what you represent.

Their lifestyle encourages time to speed faster. The years pass more quickly. It does not seem long before they wake to find their youth, productive life and health are gone. What has always interested them has waned and they do not know with what to replace what once held their interest.

They have no interest in the afterlife but they want answers that can only come from the afterlife. This is a hard time for them because they are realising that everything they have lived for and lived with is impermanent, even fading from their memory.

Better to focus on what is permanent; upon what is an integral part of who you are; upon what continues with you. These concerns are not the concerns of physical life. They are foreign to its ways.

Live with your feet upon the Earth but allow your head to remain in the heights from where you may receive more knowledge of the multifaceted aspects of the life of the human being. By learning to put the physical part of your nature in perspective and not consider it to be the major focus of your life, you quite naturally withdraw from the world.

You cannot possibly be understood by others even as you work with them and socially engage with them.

When you feel you are part of a destiny that wants more than the enjoyment of physical life, your life is not likely to be social. In this time of technological communication you can be alone and remain in contact with the world.

No matter your age, your destiny is a pre-determined direction that surfaces throughout the years. It indicates whether you are to be socially engaged in a greater or lesser manner.

You will find that, like the rise and fall of the waves of the sea, at times you socially engage and at other times you are alone. Unless you can maintain contact with the Greater World

in both situations, it is better to choose the situation where there is the greatest opportunity for this contact to continue.

If we come to Earth to live a physical life should we not socially engage at all times with those people with whom we share our lives?

Your primary objective is not to socialise. Your primary objective is to bring the spiritual qualities of life to your physical life by transposing dark ways into light. You are here to change pride to humility. You are here to change greed into generosity. You are here to change envy into love. You are here to change anger into patience. You are here to change gluttony into moderation. You are here to change laziness into zeal.

When you follow this precept you become what this precept indicates you can be. To others you seem to change. They do not realise that these qualities lay bubbling within waiting for every opportunity for you to increase them.

It is easy to be social when you want something from other people and most people want something from others. It is easy to love people when they give you what you want, whether it is company, love or money. When others do not give you what you want it is not likely that you will want to share their company.

The unselfish person does not want to listen to the selfish person because the selfish person always talks about himself and how hard life is.

The selfish person does not like what the unselfish person contributes because it is an arrow to the core of his nature that directs him to change his thinking and his actions.

How does the saying, *Be in the world but do not be of it*, apply?

Continue to have courage to remain where you are when the state of your heart and the state of your mind indicate that all is right in your world.

In this age of isolation you are able to show how isolation can be lived joyfully through aloneness. There are always others to engage with.

Whenever a need arises someone comes towards you and for a while becomes part of your life. He leaves at the appropriate time to allow aloneness to reign once again.

When you are to experience a time of solitude and aloneness you will not be born at the same time and place as many others who have a similar destiny. These people would naturally gravitate towards each other, causing solitude and aloneness to flee. The life that is predominantly one of aloneness can be spent with some people, but only for a short period of time.

People will enter and leave your life for various reasons, but leave they will. The need for association with special friends diminishes as you understand more and the horizon of your mind widens to embrace more of the Greater Life and the Greater Love.

You cannot see how all that is good upon the Earth is used because physical vision is such a small part of the spectrum of light. All that is good is used and is used wisely. Of a higher vibration than the physical spectrum, it radiates out to all in need who are of a similar vibration to the goodness being displayed.

You do not have to know how the goodness of your life is deemed worthy, only that it is worthy. You do not have to know what part you play in the greater scheme of life. You only have to know that you do play an important part.

Every person upon Earth is important and there are enough people to meet the needs of every person because the pattern for life that is being constructed at this time is built by the people through their connections with each other. They create the pattern, but the pattern evolves into a new pattern as people come into and leave physical life.

What accompanies aloneness and desired solitude is self-confidence. Knowing and believing that this is the way for you to live allow you to choose this way. You are not having it thrust upon you as a reaction to how the rest of the world is treating you.

Free will and free choice allow you to choose your direction. Choose your direction of solitude and aloneness and the world will respect this because it is according to your will. It is not thrust upon you. Choose the life of social activity and the world will respect this because you choose it. The world provides what you need to fulfil the way of life you choose. When a way of life is thrust upon you – not of your choice – it is part of your destiny, possibly part of the destiny of a whole nation or culture.

Self-confidence does not need the validation of others. Recognition of truth does not need the validation of others. Awareness of a constant love from the Great Beyond does not need the society of others. It does not need a special person in your life for you to receive it. Of its own volition love from the Greater Beyond will come to you and pass through you to those in need. Nothing needs to be directed by you.

All lives have a focus on a destiny so all that touches them, whether great or small and lived fully in that moment, passes to become nothing more than a dream that slips through the corridors of memory, sometimes into oblivion.

Only the memories that have touched on the Greater Life last for ever. Even though fading in the physical mind they are resurrected when you pass from physical life and go through a door to a new and different life.

Seeds of Truth

When you sincerely seek truth you have to look for it in every corner. Seeds of truth have been scattered across the world because no one race, culture or individual can ever be the only custodian of a complete facet of truth.

The seeds may have fallen into crevices and corners so the sincere Seeker of Truth must search and dig out, through his own efforts, the seed that is needed to quench his thirst for knowledge. He then has the opportunity to bring this seed to germination. With continued effort he may bring it to fruition but this fruition is sown only in the heart of the seeker.

Experience of the time of fruition acknowledges that further seeds have been blown to the four winds which scatter them across the world for a new age of learning in a future beyond the time of the seeker. His job is done.

How many seeds of truth sprout in the seeker's lifetime?

Not many – usually one.

The effort expended in this task lays the knowledge from a seed into the soul to become part of the soul and carried forward in future journeys. It fills the space left by what has been purified then blended into the spirit. Further intention of the soul produces yet another blending with the spirit of what is pure for this is the process by which the dross of the soul is dispersed. Pure intention lifts veils from the soul of the seeker – so more can be absorbed into the spirit through the pain of labour.

A new direction is born; activated by the desire of the heart to bring a seed of truth to light; made possible because the intellect has become the servant of intuition.

Nothing should be allowed to impede this task. It is important to the seeker's life. It is important to his soul and it is important to the world.

Radiations of more truth emanate to the open eye single. The shadows of etheric worlds retreat and the light of spiritual worlds beckon brightly; reflected to the soul by the Guardian – the Daemon – the spiritual teacher who is at the doorway to knowledge of the Greater Life.

I am beyond thought.

I am beyond love.

I radiate to all who seek me, then I unveil my disguise.

I am truth – made ordinary with drab garb – too simple to be of interest to the self-serving.

Only the seeker sees my light glowing beneath.

Only the seeker recognises me as a seed pearl of great price.

When freed from disguise I grow rapidly – my many facets becoming a forest of colour – not intense but glowing from within – not one colour, but one colour to each seeker.

Lies and deceit grow rapidly but truth spreads slowly – only a part grasped as it flies by on the wind. What can be snatched from the wind is the seed of a new and opening direction, earned with effort, courage, determination and discipline.

Winds of destruction follow the passage of the seed, so the grasp must be firm. The seeker should take shelter from the ensuing storm brought by those of self-serving intent who want to wrest the seed from him.

The seeker must hold tightly, no matter the danger, and a calm centre will draw him into the still eye of the hurricane, to shelter him from the storm. There he may regain his strength and his courage.

When it is time to move forward beyond the eye of the hurricane the swirling currents of air shall disperse to form a corridor – still stormy, but less dangerous.

The seeker has to really want truth for the full nature and capabilities of the one seed to germinate. In equal intensity he is given directions so he can find what he needs, even as the world seeks to isolate him or tear him apart.

Take heart O Seeker, in your quest for truth. Become both a detective and a bloodhound. With each discovery of a facet excitement will be generated in your soul – brought by the freedom resulting from the removal of yet another veil.

Truth shall set you free.

The first task in the quest for Seeds of Truth is the elimination of influence from the world and its etheric counterpart. No man's voice needs to be heard – only the voice of the wise spirit that can advise through the process of reflection – via the Daemon – the Guardian. The sincere Seeker of Truth becomes an island in the world – people coming to share for a time, but never able to outstay their welcome. Truth sees to this.

Daemon

It takes great effort and a long time for the soul to reconcile all its ways with the spirit within and merge completely with it. In this final result both become one in reunification with the Great Spirit.

With the promise of a sublime future the soul manifests a human identity that adopts a personality. This allows the individual to stand with his feet firmly placed upon the Earth. His head on high has the means to reach into the Great Beyond which holds the promise of a spiritual haven, that is in complete harmony with the most sublime existence possible for the blended soul and spirit of man.

Standing upon Earth with feet firmly planted, although able to move around, man is attached to the Earth as securely as the trees. Take a moment to look at trees and plants in a congested garden. Each grows upwards reaching towards the sun – the source of its life. Each bends aside to allow space for the tree next to it to grow fully in its own right. Both leave a small gap between each other so as not to encroach.

This is the reason for the distorted shapes of the branches of trees in a congested garden. When growing in a garden that is not congested, each tree has enough space to take its natural shape. You have been given a natural environment to live in yet you choose to construct and live in the unnatural environment of congested cities.

Created by man there is little that is natural in this environment because nature has been relegated to areas beyond the cities' boundaries. There is not enough space between human beings to prevent the distortion and strange shapes each adopts to allow functionality to continue.

Your choice of how and where you live is made through your choice of focus in life. Should you seek to release the veils over your spirit self, there is a voice that can offer advice and guidance; that can instruct you on all that is for your good. It is the voice of your Daemon – your Guardian Angel. To heed your Daemon is to walk in the reflection of the One God.

Your Daemon shines a light on your spirit self. Without this light it is too hard for you to reach it. Ultimately your spirit self is your teacher and will bring to the surface all that you know of truth – the truth of the universes and the lives you live within them. Little by little, through the promptings of your Daemon, memories of your soul can be recovered to aid you on this journey.

There is no bargaining along this path. There are no prizes when you strive to reach your spiritual destiny. Your physical life continues as has been laid down, and like all people you experience the joys and the hardships that prevail in a finite world.

Because the Earth is a world of matter it is difficult to maintain the health of the physical body and the environment within which it lives. Both require time and effort to ensure that the best functionality is achieved but your Daemon continues to show you your path to the One God in your physical life. He shines a light on it so you may see along the way. He

encourages your strength and courage so you can maintain your focus.

The One Human Family

How many people are upon Earth at this time?

More than is known in recorded history.

How is this possible?

Still under the influence of the Age of Pisces, as we move into the Age of Aquarius we are moving into the Age of the son of man – a time for the spiritual regeneration of man – a time for the common people.

Education is accessible to the common people as is knowledge concerning the Greater Life. The opportunity for spiritual advancement while living upon Earth is available to all, so large numbers of people are coming to Earth. It is apparent that the size of the human family is large. With an extended lifespan because of modern medicine, people have more time to achieve a purpose that contributes to the common good. More people have the freedom to live as they wish, so for many this is a time of multiple choices.

How is the gift of freedom bestowed on so many at this time, going to benefit the individual in his life?

The people have a wider range of education and activities available that give them opportunities to achieve their material goals. Simultaneously they can address the greater journey through spiritual goals.

What to do with freedom? What to do with an extended life span?

Apart from the time spent on survival, health and beauty there is enough time to learn about the intellectual, emotional, spiritual, soul and physical lives that make a complete person. Ultimately acceptance of the multiple facets of human nature reflects a need to learn about the journey of all human beings

through the Greater Life but the timing is different for each person.

It is easy to feel empty, lost and confused. Address all these facets of human nature and the significance of the part each person plays in Earth life becomes clear. Knowledge of a greater purpose can come when man comes out of the shadows. Man must review the way he thinks and lives. Cities will eventually change to encourage their contribution to man's makeup and nature will be considered part of any construction. Before this happens cataclysms and disasters trigger a change of environmental policy that may be generated by far-seeing politicians. Let us pray that this is so.

In this time education produces freedom for people. Knowledge is initially used for self-gratification and pleasure, but eventually this will pall. Future generations build upon the actions of prior generations, so when living for self-gratification palls that is the time, further into the Age of Aquarius, that man will seriously address the various facets of his being.

There are forerunners of this time. What they foresee will be laid down for those who are to follow. As the numbers of people upon Earth grow, space around them shrinks, especially for those who live a city life. In some countries there is still land available to escape the pressure of other human beings, but this is no longer so in all countries.

Always those who have wealth and power have sought the ultimate prize of land ownership because with land comes an increase of wealth and power. Down through the centuries indigenous people have been displaced. In some countries this still happens and multiple reasons are given for this exploitation. As more people come to Earth at the same time and the numbers of homeless people escalate, the shortage of land will compel governments to provide high-rise housing for the common people.

This is an age of communication. In times of disasters stories of heroic deeds surface. For a moment in time these heroic deeds illustrate how the human being is unselfish, has compassion and love for others and lives for more than selfish desire. The human heart reaches out to those in need and heroic men and women place themselves in danger to help others.

During disasters many people die in the same moment. Others are filled with horror that lifespans have been shortened and youth does not reach maturity and old age. The horror arises from feelings of their own mortality as they place themselves mentally and emotionally in the same situation.

It is natural for human beings to help each other. This natural desire is a reflection of the spiritual desire of the human family to travel as one to the spiritual regions of its home. Man helps man. He gives physical aid, emotional encouragement, extends compassion and lends his strength.

When a leaf falls it falls with purpose. When a man falls it is the result of his actions. At that time he needs the compassion and strength of another to raise him to his feet once again. He is not intended to remain down. He is destined to stand tall and continue his journey. This he will do when he has learned that the reason for his fall is the result of his thoughts and actions.

The kind word and support of another, while not encouraging his actions that brought about his fall, give him the strength to rise again. In turn, he provides a strong arm for another who falls. He has learnt through his experiences about the fragility of all human beings.

Man's spirit is the source of his strength. His soul is the source of his knowledge that he gains through experiences and applies to his physical life.

As above so below.

Physical life continues through survival of the fittest. Throughout known history the strongest bloodline of the time becomes the bloodline of Kings who rule – only supplanted when another bloodline is stronger; able to overwhelm and take control of the kingdom. Apply the same principle to individual families and the bloodline becomes important.

Families who have control over the lives of others always want to join with other families that can strengthen their hold on their wealth. They marry their children to wealthy landowners. They seek to strengthen their bloodline by creating stronger children so the next generation can continue their legacy.

This prevents the bloodline becoming weak and dying out. Before they are married sons are encouraged to sow their wild oats to ensure that they are capable of producing offspring. Daughters must be virgins to ensure their children are the result of their husbands' bloodline.

What is happening today is an indication of the future of family life. Small communities have disappeared so prospective marriage partners are strangers. Investigation into their family line is nearly impossible. All that is available is the word of the individual. This is not ideal in a modern world where lies abound.

People tell others what they know they want to hear and they have learnt the art of doing so. Their manner is charming, cajoling and apparently sincere. They have learnt the art of getting what they want by adopting the required manner that encourages the result they are looking for. Adopted behaviour is common because it generates results.

People are producing offspring with strangers. People are producing offspring that come from unknown donors. People are producing offspring that are the result of violence. People are producing offspring that are the result of different fathers and mothers. In family life the truth of parentage is frequently hidden.

Memory is in the blood and the blood of nations is inherited. Always there remain alive bloodlines that continue to preserve spiritual values that can be applied to generation in family life. This has always been so and always will. At times openly and at times secretly, important bloodlines are preserved.

Certain bloodlines attract souls of wisdom to Earth. They are attracted to what the bloodlines are capable of producing. These souls come to strong bloodlines that can accommodate wisdom.

Today, as populations become scattered, bloodlines are becoming obscure. With no roots and belonging nowhere, populations roam, unable to settle anywhere. For many cultures there is now no hereditary attachment to a place. A mobile population bends with the wind and is able to be manipulated at will, so strong bloodlines become secret.

Throughout history as man travels through the different ages of learning he adopts a lifestyle dictated by the constructed society of the time. The individual has many rights but these rights are steering him in a direction that is manipulated by those who construct society. Individual rights play to the senses and they encourage indulgence.

Traditional family values are diametrically opposite. They encourage moderation, hard work and duty. No one way is perfect. Each way is a construction for the time man is living in so it is always advisable to take the best of what has been and continue its wisdom.

Through inspiration I speak to the individual. Laying a historical background, I still speak to the individual. May he develop the wisdom to know when he is being manipulated, when he is being fed information and when he is receiving inspiration.

Through inspiration I speak to the individual. I guide him through a maze of knowledge so his powers of discernment

may strengthen and his way may lay a foundation for the new man to come. Others will then follow in his footsteps and find the freedom of the spirit within that always instructs in the Wisdom of the Ages.

The individual is either a weak link in the chain or a strong link. He must choose which he is to be. He cannot be strong through ignorance and he cannot be strong through educated, tunnel vision. A wide vision is aware of knowledge and learning available but discernment produces good choices, not only for his path through life, but for those who may follow in his footsteps.

His footsteps upon the Earth will be read by those who follow. May these footsteps be clear. May they lay a direction that includes all the houses of man's life on Earth. May they promote what is best in these houses of home, work, love, health, affiliations with others and attitudes to self, others and the environment he lives in.

When the individual lives in the best way possible he knows that should he leave the earth at any given moment, he has contributed to the life of the human family.

With all my heart I love the individual. He needs courage in these times and this I seek to give him. By showing him the steps of how to find courage and how to believe in himself I am showing him how he is laying a foundation for those who follow.

The individual is important. I will not leave one behind. I offer my services to each. Should any not hear my word I will send another – someone to whom he can respond, for my way is unbending. He may hear a gentler approach.

How many people feel lost because they cannot find another who understands – because they cannot find honesty and integrity in another?

I say to these people,

Be unconcerned. Smile at the world and hear what you are told but believe in your ability to recognise dishonesty and discern truth. Your heart, your soul and your spirit give you all you need so that the world and all the people in it become beautiful to you, but not necessary.

Find the way to open your heart, your soul and your spirit then confidence will grow. Your sense of purpose will approach and one will come – only one – he who will walk beside you for a time to encourage a direction that is not dependent upon others – a direction that allows you to continue, whether alone or in company.

You are here with purpose and you are contributing to the future of physical life by laying footsteps upon which others will tread. Ensure that your footsteps are clearly laid, easily discernible and built with honesty and integrity in a focused direction.

I speak to the individual because it is the individual who by changing himself for the better, in a subtle way changes his society for the better.

The future of man lies with the individual who cannot be told what to think and what to believe. He is capable of finding what he wants for himself, but he needs to know where to look.

Epilogue

The most common world religions are Baha'i, Buddhism, Christianity, Confucianism, Hinduism, Islam, Jainism, Judaism, Shinto, Sikhism, Taoism and Zoroastrianism.

Christianity is the largest world religion, followed by Islam.

A large percentage of the world's population does not claim any allegiance to a religion, being either agnostic or atheist.

In our present time millions of people all over the world live side by side with different beliefs. Some belong to organised religions and groups. Some live their beliefs alone.

Yogananda brought to the Western Civilization the eastern tradition of finding God through yoga and meditation. He gave the western people the understanding that each person can look within to find the path to God and he laid down teachings through the SRF to help them do so. East combined with West. The people became as one.

Let us accept similarities and acknowledge differences in the beliefs of all people, for the golden thread of truth runs through them all. It does not matter what people believe because with the passing from this world each person faces the reality of what is.

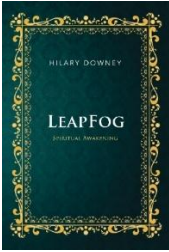
Alan Turing developed the Turing Machine – a forerunner to the modern computer.

He continues to influence people all over the Earth because the technology of his work has given following generations their computers.

He is indicative of the unsung heroes who contribute to humanity quietly and in the background, intent only on achieving a purpose that contributes to the greater good.

The film industry has joined the educators of the world for it is able to reach millions with its stories. May its stories contribute to the greater good and serve a humanitarian purpose.

Books by Hilary Downey



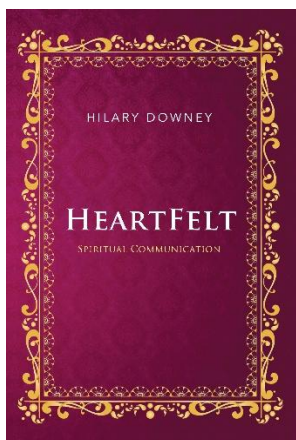
LeapFog - Spiritual Awakening

LeapFog is a story of change brought about by a desire to discover truth through the wisdom of spiritual worlds.

I want to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave. *LeapFog* addresses these objectives through teachings received in simple, clear language.

LeapFog is so named because it illustrates the need to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This inner path becomes a conduit for communication between two worlds so the voice of wisdom can be heard. We construct this path through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds and souls function, and the relationship between each.

"I shall give my knowledge and truth to the humble man, for love's real name is humility. My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters but the humble man shall work hard for his knowledge and live, step by step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life."



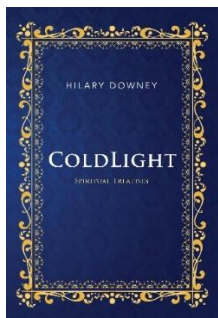
HeartFelt – Spiritual Communication

HeartFelt is the story of a four-year journey out of shock and grief – the result of death of loved ones. It is a book about accepting and bearing grief while forging a path ahead, with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is a Path of Hope – a collaboration between souls inhabiting two different worlds – each mourning the loss of the other, while celebrating the future possibilities of both; achievable because of mutual support and encouragement.

I write of an approach in life that continues to seek direction and purpose, asking for guidance and teachings about the nature of death and the future destination of us all. Personal communications and spiritual teachings intermingle, so there are few chapters.

“I am a constant presence in some form, not reliant upon your recognition through sight. My presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can.”



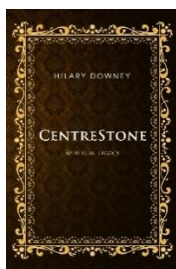
ColdLight – Spiritual Treatises

ColdLight is a collaboration of two worlds. The quest for illumination begins at the place where these two worlds meet – our hearts. Our hearts are the bridge and our minds are the interpreter. When we are young we are full of hope and plans for our lives but alone we do not always understand our reality. Sometimes we need a light to show us the way and this is the goal of *ColdLight*.

ColdLight presents thirty-one spiritual treatises that reflect spirit's deep and abiding care for all people upon earth. These treatises are designed to encourage, direct and help us understand our place and role in physical life and the greater life of spiritual worlds.

The spiritual treatises are given by teachers who have an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

"We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises."



CentreStone – Spiritual Legacy

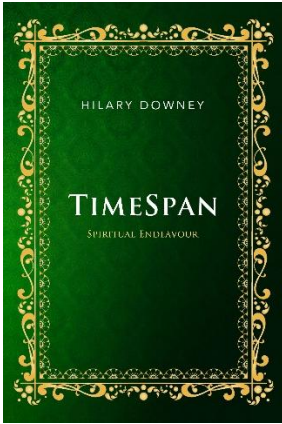
Through the symbolism of mythology and beliefs, *CentreStone* provides an overview of our journey to Earth and looks at our spiritual legacy which is our heritage.

The focus of the *CentreStone* is the keystone to accessing this spiritual legacy. Available to all people, it is reached through the buried message of mythology, the soul's memory and spiritual inspiration.

Great teachers have always come to the Earth to contribute long lasting wisdom that influences following generations, their legacy of teaching occasionally named after them. Often prophets, their message focuses upon the progress of all people. Their aim is to advance civilisation because a civilised culture embraces all aspects of man's nature. Society is then shaped by the spiritual quality of its people - their finest attributes.

"Truth is wider and deeper than the oceans of sky and water and is essential for progress to a more enlightened state."

"I would not send one soul into the desert without a guiding light because the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go, I send a guiding light to accompany them along their way."



TimeSpan – Spiritual Endeavour

TimeSpan reflects on the changing lives of people as they age. Everyone remains important because collectively all people shape society, the best of what is within them contributing to the advance of our current civilisation.

Spiritual philosophy helps make sense of the world. It seeps into the consciousness like drops of water trickling into a pool, becoming real when applied to life, which then changes.

“You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good.”

